**Non-Fiction category**

**Cover copy**

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| **Front cover** |
| The International Bestseller  Atomic Habits  Tiny Changes, Remarkable Results  An Easy & Proven Way to Build Good Habits & Break Bad Ones  James Clear  [Penguin logo – supplied on template – do not reposition] |
|  |
| **Spine** |
| Atomic Habits  James Clear  [Penguin logo – supplied on template – do not reposition] |
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| **Back cover** |
| **A revolutionary way to get 1 per cent better every day.**  People think when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions – doing two push-ups a day, waking up five minutes earlier, or reading just one more page.  In this ground-breaking book, Clear reveals exactly how these minuscule changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks (the forgotten art of Habit Stacking, the unexpected power of the Two Minute Rule or the trick to entering the Goldilocks Zone) and delves into cutting-edge psychology and neuroscience to explain why they matter. Along the way, he tells inspiring stories of Olympic gold medalists, leading CEOs and distinguished scientists who have used the science of tiny habits to stay productive, motivated and happy.  **These small changes will have a transformative effect on your career, your relationships and your life.**  ‘A supremely practical and useful book’ Mark Manson, author of *The Subtle Art of Not Giving a F\*ck*  [Barcode box containing barcode, price, website address, ebook/audio logo and FSC logo. All supplied on template – box can be repositioned on the back cover, but overall box design, size and elements within, should not be changed]  [Please include a copyright line if you have used an image in your cover design that was created by a third party; for example: ‘Cover photograph by Joe Bloggs’] |