Right now, you’re thinking two things, “The winter break is coming up, what am I going to read?” and “How am I going to break some of my bad habits in 2022?” Well, we have an answer to both questions… the PTA Council Booktalk January 24th at 9:30am!

Our middle school admin friends, Don Gately and Chad Gleason, are facilitating a book talk on the book Atomic Habits by James Clear. The booktalk will be virtual via Zoom at this link: [https://us02web.zoom.us/j/84098248451](https://us02web.zoom.us/j/84098248451)

How can we build friction between ourselves and our bad habits? How can we eliminate friction for good habits? How can we use the laws of behavior change - make it obvious, make it attractive, make it easy, make it satisfying - to build good habits? What’s the two-minute rule? What’s habit stacking? How can we tweak our environment to encourage better habits?

James Clear answers these questions in the book and on January 24, we’ll unpack their meaning and how we can use this knowledge in our lives.

Pick up the book to read, then join Don and Chad in discussion around the powerful themes that provide “an easy and proven way to build good habits and break bad ones”. You’ll use these ideas to improve your own life and to help teach your kids how to be more successful in theirs.

Here’s a link to sign up: [https://docs.google.com/forms/d/e/1FAIpQLSdlv0IbVOjf-YpbprHsXJVx69H_lqvfPieTzacVhi9NsDYk1w/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSdlv0IbVOjf-YpbprHsXJVx69H_lqvfPieTzacVhi9NsDYk1w/viewform?usp=sf_link)

Please indicate on the form if you need to borrow a book, we’ll get one to you.