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April 2nd 2020: The Surprising Secret About Habits

Even though this episode of Done Being Single was recorded just before the coronavirus hit, its message and lessons are right on time. Building habits, maintaining structure, keeping a sense of normalcy is EVERYTHING right now. From dating habits to living habits, your survival depends on how well you adapt, change, and rewire. The question is, can you do it? Our guest, behavioral scientist and New York Times best-selling author BJ Fogg, shares small, actionable and science-backed steps to help you make immediate changes in your life.

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Featured Guest



BJ Fogg

BJ Fogg, PhD, founded the Behavior Design Lab at Stanford University. In addition to his research, Fogg teaches industry innovators how human behavior really works. He is the author of the New York Times Bestseller Tiny Habits: The Small Changes that Change Everything, and he created the Tiny Habits Academy to help people around the world.

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