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Habit, or learned action or other form of behavior that is repeated often enough for it to become a largely automatic response to a particular stimulus or situation. Chains of motor habits or skills are involved in walking, writing, swimming, and the like. Unlike habits, instincts and true reflex actions are not learned but are inherited. Conditioned reflexes, or conditioned responses, however, are acquired, as are habits. Habits can be acquired by conscious repetition and desire to achieve proficiency in an activity. A person learning to swim observes and imitates the movements of others. At first he concentrates on his breathing and on his arm and leg movements. With experience, however, he learns to make these movements almost automatically. Many habits are acquired, often without awareness, from influences in the environment. A child, for example, having heard others constantly use meaningless phrases, such as "you know," may begin to use them himself to such an extent that the use becomes habitual. Some habits develop in response to a person's unconscious needs. Thumb-sucking and nail-biting, for example, are usually attempts to relieve tensions of which the individual is not aware. Such habits ordinarily disappear when the tensions causing them are discovered and eliminated. Most habits serve a necessary purpose. Simple, routine acts performed habitually leave reasoning and other higher mental processes free to solve complex problems or to provide enjoyment. Habits also play a role in coping with emergencies; an experienced automobile driver, for example, will immediately apply the brakes when a child darts in front of the car. Alcoholism and addiction to drugs and tobacco are often called habits. The term habit, however, properly refers to responses based on emotional or intellectual rather than organic needs. Addiction to alcohol or drugs is a symptom of personality problems, but the repeated taking of such substances sets up an organic need in the body. An atom is the defining structure of an element, which cannot be broken by any chemical means. A typical atom consists of a nucleus of positively-charged protons and electrically neutral neutrons with negatively-charged electrons orbiting this nucleus. However, an atom can consist of a single proton (i.e., the protium isotope of hydrogen) as a nucleus. The number of protons defines the identity of an atom or its element. The size of an atom depends on how many protons and neutrons it has, as well as whether or not it has electrons. A typical atom size is around 100 picometers or about one ten-billionth of a meter. Most of the volume is empty space, with regions in which electrons may be found. Small atoms tend to be spherically symmetrical, but this is not always true of larger atoms. Contrary to most diagrams of atoms, electrons do not always orbit the nucleus in circles. Atoms can range in mass from 1.67 x 10-27 kg (for hydrogen) to 4.52 x 10-25 kg for superheavy radioactive nuclei. The mass is almost entirely due to protons and neutrons, as electrons contribute negligible mass to an atom. An atom that has an equal number of protons and electrons has no net electrical charge. An imbalance in the numbers of protons and electrons forms an atomic ion. So, atoms may be neutral, positive, or negative. The concept that matter might be made of small units has been around since ancient Greece and India. In fact, the word "atom" was coined in Ancient Greece. However, the existence of atoms was not proven until John Dalton's experiments in the early 1800s. In the 20th century, it became possible to "see" individual atoms with the use of scanning tunneling microscopy. While it's believed electrons formed in the very early stages of the Big Bang formation of the universe, atomic nuclei did not form until perhaps three minutes after the explosion. At present, the most common type of atom in the universe is hydrogen, although over time, increasing amounts of helium and oxygen will exist, likely overtaking hydrogen in abundance. Most of the matter encountered in the universe is made from atoms with positive protons, neutral neutrons, and negative electrons. However, there exists an antimatter particle for electrons and protons with opposite electrical charges. Positrons are positive electrons, while antiprotons are negative protons. Theoretically, antimatter atoms might exist or be made. The antimatter equivalent to a hydrogen atom (antihydrogen) was produced at CERN, the European Organization for Nuclear Research, in Geneva in 1996. If a regular atom and an anti-atom were to encounter each other, they would annihilate one another, while releasing considerable energy. Exotic atoms are also possible, in which a proton, neutron, or electron is replaced by another particle. For example, an electron could be replaced with a muon to form a muonic atom. These types of atoms have not been observed in nature, yet may be produced in a laboratory. hydrogen carbon-14 zinc cesium tritium Cl- (a substance can be an atom and an isotope or ion at the same time) Examples of substances that are not atoms include water (H2O), table salt (NaCl), and ozone (O3). Basically, any material with a composition that includes more than one element symbol or that has a subscript following an element symbol is a molecule or compound rather than an atom. This week, James Clear's new book, Atomic Habits: Tiny Changes, Remarkable Results, was published. The book is crushing it. At the writing of this article, Atomic Habits is sitting at 13 overall in books on Amazon. I read the book this week. It's excellent. Well worth the read. I've read over 1,000 self-improvement and psychology books. In fact, I'm almost done with my PhD in organizational psychology and James did a brilliant job describing much of the science in psychology and neuroscience.However, my purpose in this short article is to describe just one simple idea that I think James CRUSHED.He helped clarify my thinking on this one point.Most people optimize their lives for a finish line. They take a look at where they want to go and they try to mentally prepare themselves for that reality.But getting to the end will never happen if they don't start.And psychologically, starting something big or something new is extremely difficult. Most people think that motivation is something that gets you going. But that's not true, motivation kicks-in AFTER you've got going. As Harvard psychologist, Dr. Jerome Bruner, has said, "You're more likely to act yourself into feeling, than feeling yourself into action."Rather than optimizing your life for the finish line, James Clear recommends and teaches you how to optimize your life for the BEGINNING of your journey. If you can get some quick small wins, you'll start to develop some confidence, motivation, and momentum. Then, if you have a system in place to keep you going, then that system and process will take you where you want to go.Case and point: focus on the START, not the FINISH. Then build systems and habits-- your process-- that can organically take you where you want to go.Atomic Habits will teach you how. (Update: The Kickstarter page is now up (opens in new tab) and has already reached \$376,000, collected from nearly 1,000 customers, with 34 days left. The original goal was only \$50,000).Today marks the launch of the Kickstarter campaign for the Unihertz Atom which is billed as the world's smallest 4G rugged smartphone. It is the second attempt from Unihertz at a crowdfundingd smartphone: the first try, Project Jelly (opens in new tab), saw nearly 11,000 backers pledging more than \$1.25 million (around €950,000). With Atom, the company is aiming for something even bigger.Where to buy?Unihertz sent us the review sample and the Atom is now on sale for \$159 (£120) for the Super Early Bird (first 100) customers; the price will go up significantly, to \$233 (£175), after the promotional period. The Kickstarter page is up here (opens in new tab).Note that this price excludes delivery (shipping to the US, Japan, and most European countries is free, with the rest of the world costing \$20) and any taxes that may be levied by HMRC or the courier companies on behalf of the vendor. Want to buy tech from online retailers? Read this first.Note that the estimated delivery date for the Unihertz Atom is October 2018, which is four months away at the time of writing. The unit that we were sent for testing was a production-grade model.DesignThe Atom is unlike any smartphone we've seen up until now - it is tiny (97 x 45 x 19mm) and weighs just over 100g. Think of it as a rugged smartphone that has been squashed and compressed into something stockier, which should, in theory, help it survive being dropped better. With rubber used all over its chassis, the Atom feels solid and durable.Where others would have used yellow lines to accentuate its rugged looks, Unihertz chose red as the accent color for the Atom. At the front of the device is a camera and three capacitive buttons, one of which also doubles as a fingerprint reader.A USB Type-C connector, an audio port (both not covered by any flaps), a dual nano-SIM tray, two volume buttons, a power button and a dedicated push-to-talk button can be found on the four sides of the Atom.The back - which is textured - hosts another camera with flash, a speaker grill and the Unihertz logo. There's also a notch that can be used to attach accessories or a neckband.Unihertz Atom specsCPU: Mediatek Helio P23 MT6763GPU: Mali-G71RAM: 4GBStorage: 64GBScreen size: 2.45-inchResolution: 432 x 230Weight: 107gDimensions: 97 x 45 x 19mmRear camera: 4.9MP Front camera: 4.9MPOPS: Android 8.1Battery: 2.02AhSpecificationsThe device has been IP68-certified which means that it has been tested and should easily withstand life outdoors, and be capable of dealing with its fair share of water, dust, shock, vibration and extreme temperatures.Despite its low price, the Atom is kitted out with components usually found on mid-range handsets: an 8-core CPU, 4GB of RAM and 64GB on-board storage. There's no microSD card slot, though, and no 802.11ac Wi-Fi.The screen is a 2.45-inch display, offering around a quarter of the surface area of a device like the Vernee Active (with a 5-inch display). The difference is even more obvious when it comes to sheer resolution: a Full HD display has 21x more pixels to manage compared to the 99,360 pixels on the Atom's screen.The 2Ah battery is powered by a 5V, 1.5A power supply unit. The battery was one of the compromises that had to be made because of the limited space available in this handset.Unihertz plans to follow GoHero's example and offer a few accessories for outdoorsy types. Three will be available to begin with: an armband for £13 (£10), a bike mount costing £15 (£11) and a clip priced at £12 (£9), or it's \$20 (£15) for all three when purchased with the Atom.BenchmarksHere's how the Unihertz Atom performed in our suite of benchmark tests:Geekbench: 926 (single-core); 4,305 (multi-core); 3,291 (compute)Antutu: 95,179PCMark (Work 2.0): 5,343Passmark: 5,137Passmark CPU: 114,079Androbench (sequential): 285 (sequential read); 213 (sequential write)Androbench (random): 59 (random read); 22 (random write)3DMark Slingshot: 7233DMark Slingshot Extreme: 4793DMark IceStorm Extreme: 8,702HWBot Prime: 4,647In useThe small size and low resolution of the display means the GPU on the Atom didn't have to work as hard as other handsets. That helps explain why it managed to significantly outperform many other rugged smartphones that are powered by similar system-on-chip solutions.The screen - which is oleophobic and covered with Corning Gorilla Glass - has its own issues, all associated with its small size. It is usable but don't expect the same level of comfort as a bigger model - on the default setting, the text is absolutely tiny and will strain your eyes, especially if you wear glasses.Starting and swiping apps works okay but typing on-screen is a proper hassle with keys on the virtual keyboard that are just a few square millimeters in size. Writing emails or typing on WhatsApp will be a major pain, you have been warned!It's all not bad though. We were surprised to find that the Atom is powered by the very latest version of Google's mobile operating system, Android 8.1 (Oreo), and that it even comes with NFC and face unlock.There's also a toolbox that comes with a sound meter, a compass, a bubble level, a picture hanging app, a heart rate measuring app, a plumb bob and a protractor.One thing we did notice is while the small screen will help save juice, the smaller battery capacity translates into a much shorter usable battery life, as the components used here are still standard ones.The competitionThe Atom has no real rival: it is the only 4G smartphone of this size, and it is by far the cheapest IP68 device with the popular 4GB/64GB of memory/storage combination.Final verdictWe had mixed feelings about the Unihertz Atom. On the one hand, it is very affordable, fits compact and very capable. And on the other hand, the small battery capacity and the screen size and resolution just do not feel right. You won't be able to use it for most tasks that require typing.That said, it will appeal to outdoor users, and we can foresee use cases where the device will be used with a plethora of accessories to address its shortcomings: laptop docking stations, Bluetooth headsets etc.For now, we'd love to see Unihertz try its hand at a more conventional form factor. A 4-inch Android IP68 device maybe? One to replace the likes of the Sony Z5 Compact.We've picked out the best rugged smartphonesTODAY'S BEST DEALS

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