

Principles of Psychology v1 - Chapter 4: Habit

Citation:

James, W. (1890). *The principles of psychology*, Vol. 1. Henry Holt and Co.

- The author affirms that the first proposition is that habit in living beings is due to the plasticity of the organic materials of which their bodies are composed, whereas plasticity is the possession of a framework that gives influence but resists the full indoctrination.
- The author asserts that the habit is the result of growth by exercise or practice.
- The author attests that the first benefit of habit is when it simplifies the movements required to achieve a given result, increasing accuracy and decrease fatigue; it decreases the conscious attention with which our actions are performed.
- The author avows that when learning to complete activities (i.e., walk, run, or swim), we have interruptions (times to learn sequences); however, once we reach proficiency, we have minimal transitioned from muscular action to a single instantaneous 'cue.'
- The author maintains that no community appreciates habit like a second nature action as that of the veteran.
- The author believes that we create habits that need to change; moral habits are the ability to launch ourselves with as strong and decided an initiative as possible and never suffer an expectation to occur till the new habit is securely rooted in your life.
- The author affirms that moral habits are obtained when repetition fortified the action to a point when the action can be completed, the optimal best pathway for mental progress.
- The author asserts that moral habits' third benefit is to seize the very first possible opportunity to act on every resolution you make and on every emotional prompting you may experience in the direction of habits you aspire to gain.
- The author that the physical facts go along by themselves, and the mental facts go along by themselves; parallelism exists between them, but there is no disruption of one with the other; mind history and body history runs alongside one another responding, but not reacting to each other's events.