

Stanford eCorner

The Habit-Breaker

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URL: https://stvp.stanford.edu/blog/videos/the-habit-breaker

This entry to the 2008 Global Innovation Tournament was a simple, low-cost device called the Habit-Breaker — using rubber bands as a critical component — which can potentially help millions of people to reduce their negative behaviors.



Transcript

English subtitles are not available for this media..