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How they form and why they are so hard to change

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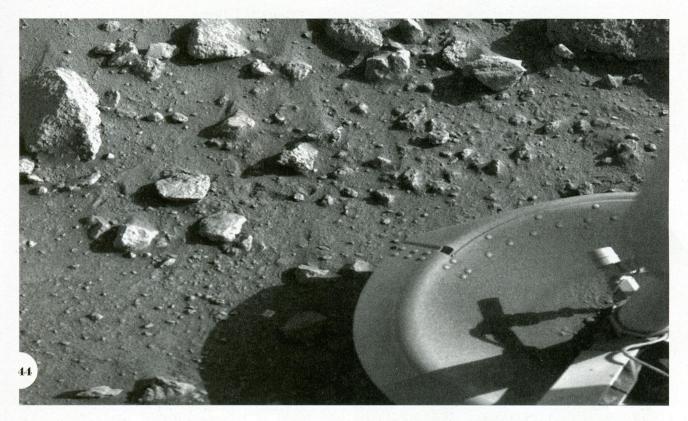
**JUNE 2014** 



Forming good habits and breaking bad ones can be difficult. Why? New experiments by neuroscientists are revealing for the first time how specific brain regions work to lock in or let go of habits. The insights could lead to simple tricks, novel behavioral therapies or drugs that could help make us more likely to eat our veggies and less likely to bite our nails. Illustration by FOREAL.

## SCIENTIFIC AMERICAN

June 2014 Volume 310, Number 6



#### FEATURES

#### BEHAVIORAL SCIENCE

#### 38 Good Habits, Bad Habits

By deciphering the neural mechanisms that underlie our daily rituals, researchers are beginning to explain how we form habits and why breaking them can be such a struggle.

By Ann M. Graybiel and Kyle S. Smith

#### PLANETARY SCIENCE

#### 44 How to Search for Life on Mars

Future missions to the Red Planet may carry tools of microbiology that can reveal whether life once existed on our closest neighbor.

By Christopher P. McKay and Victor Parro García

#### EPIDEMIOLOGY

#### 50 Germ Catcher

New devices can quickly identify virtually any bacterium, virus or fungus. By installing them in a network of hospitals, health authorities could soon be able to spot disease outbreaks earlier than ever before.

By David J. Ecker

#### METEOROLOGY

#### 56 Summon the Rain

Governments and farmers worldwide spend millions every year trying to control the weather. Recent data suggest that they might be on to something. By Dan Baum

#### MEDICINE

#### 64 Seeds of a Cure

Clinical trials of herbal medicines are offering promising leads for novel drugs against malaria and other ailments. By Brendan Borrell

#### ECONOMICS

#### 70 The Ponzi Economy

Many perfectly legal business practices resemble the infamous con game writ large. By Kaushik Basu

#### COGNITIVE SCIENCE

#### 76 The World without Free Will

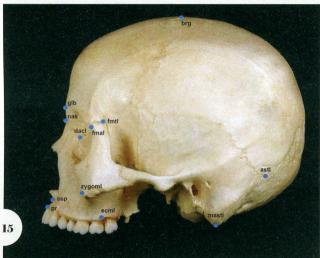
What happens when everyone believes that no one has conscious control over his or her actions?

By Azim F. Shariff and Kathleen D. Vohs

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### SCIENTIFIC AMERICAN

#### DEPARTMENTS

- 4 From the Editor
- 6 Letters
- 10 Science Agenda

Some enlightened drug companies have begun to share their data on clinical trials. *By the Editors* 

12 Forum

To figure out how the human era is shaping up, scientists turn to dinosaurs. *Bu Mary H. Schweitzer* 

14 Advances

Polluting trees. Waves on Saturn's Titan. The tiniest optical tweezers. A phone programmed to lie.

30 The Science of Health

Gut bacteria may affect obesity. By Claudia Wallis

37 TechnoFiles

Why would anyone want a smartwatch? By David Pogue

80 Recommended

First U.S. woman in space. Truth and unreality on the Internet. Biological diversity app. *By Clara Moskowitz* 

81 Skeptic

Does deterrence prohibit the total abolishment of nuclear weapons? *By Michael Shermer* 

82 Anti Gravity

Driving up the wall. By Steve Mirsky

- 84 50, 100 & 150 Years Ago
- 86 Graphic Science

Immigrants go gradually up the wealth ladder: By Mark Fischetti

ON THE WEB

#### The Beginning of World War I

The 1914 assassination of Archduke Franz Ferdinand helped to trigger the First World War. To mark the 100th anniversary in June, Scientific American is collecting 1,200 contemporary articles on the topic to show how the war shaped political, cultural and technological futures around the world. Go to www.ScientificAmerican.com/jun2014/wwi

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