

## The Willpower Instinct How Selfcontrol Works Why It Matters And What You Can Do To Get More Of It

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### The Willpower Instinct How Selfcontrol

Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," The Willpower Instinct is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity.

### The Willpower Instinct: How Self-Control Works, Why It ...

The Willpower Instinct is based off of a 10-week academic-style class taught by the author. It uses the latest information from neuroscience to explain what exactly your brain goes through during a thinking or decision-making process and how to use that process to your advantage to increase your sense of self-control.

### The Willpower Instinct: How Self-Control Works, Why It ...

The willpower instinct : how self-control works, why it matters, and what you can do to get more of it / Kelly McGonigal. p. cm. ISBN : 978-1-101-55373-2 1. Will. 2. Self-control. I. Title. BF632.M 153.8—dc23 All names and identifying characteristics have been changed to protect the privacy of the individuals involved.

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Based on Stanford University psychologist Kelly McGonigal's wildly popular course 'The Science of Willpower,' The Willpower Instinct is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, The Willpower Instinct explains exactly what willpower is, how it works, and why it matters.

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### **Kelly McGonigal - The Willpower Instinct How Self-Control ...**

Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. Temptation and stress hijack the brains systems of self-control, and that the brain can be trained for greater willpower.

### **The Willpower Instinct: How Self-Control Works, Why It ...**

Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. People who have better control of their attention, emotions, and actions are healthier, happier, have more satisfying relationships, and make more money.

### **The willpower instinct (2012 edition) | Open Library**

Based on Stanford University psychologist Kelly McGonigal's wildly popular course The Science of Willpower, The Willpower Instinct is the first book to explain the new science of self-control and how it can be harnessed to improve our health, happiness, and productivity.

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Neuroscientists talk about how we have one brain but two minds. We have a mind that acts on impulse and seeks immediate gratification, and we have another mi...

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