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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.

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In the groundbreaking tradition of Getting Things Done, The Willpower Instinct combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from a healthier life to more patient parenting, from greater productivity at work to finally finishing the basement.

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[(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.

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

The Willpower Instinct by Kelly McGonigal How Self-Control Works, Why It Matters, and What You Can Do to Get More of It My Thoughts. The Willpower Instinct is full of practical advice on self-control and accomplishing goals, with accompanying examples that are supported by scientific studies. The contents are applicable to all people and professions.

The Willpower Instinct Book Summary – Jeremy Silva

The study authors suggested that the self-control needed to keep exercising regularly helped improve self-control in other areas. In addition, improving your health – physical or mental – boosts your ability to say no. Willpower after a heart event . A heart attack or heart diagnosis often prompts people to make lifestyle changes. After a heart event, cardiac rehabilitation courses provide information on healthy eating and lifestyle, including regular exercise, so this can be a good way ...

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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 by Kelly McGonigal Avery | 2011 | ISBN: 1583334386 | English | 272 pages | EPUB 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.

The Willpower Instinct: How Self-Control Works

Free download or read online The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do To Get More of It pdf (ePUB) book. The first edition of the novel was published in 2011, and was written by Kelly McGonigal.

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Wikipedia in English (1) Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness,... Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. Temptation and stress hijack the brain's systems of ...

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Amazon.com: The Willpower Instinct: How Self-Control Works ...

Maximum Willpower brings together the newest insights about self-control from psychology, economics, neuroscience and medicine, explaining how we can break old habits and create healthy habits, conquer procrastination and manage stress

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and emotions. Discover why we give in to temptation and how we can find the strength to resist.

Maximum Willpower: How to master the new science of self ...

The Willpower Instinct includes practical strategies called "Willpower Experiments" that you can use to strengthen your self-control. Self-control is something that doesn't come naturally to many of us, but understanding what it is and how it works is key to strengthening it and improving our tendencies and behavior.

Self-Control and The Willpower Instinct by Kelly McGonigal ...

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.

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

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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 Paperback - Illustrated, Dec 31 2013 by Kelly McGonigal (Author) 4.6 out of 5 stars 1,018 ratings See all formats and editions

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

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matters. For example, readers will learn:

- Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep.
- Willpower is not an unlimited resource. Too much self-control can actually be bad for your health.
- Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower
- Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control.
- Giving up control is sometimes the only way to gain self-control.
- Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models.

In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

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. For example, readers will learn:

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McGonigal provides a step-by-step program for identifying goals, strengthening self-control, and making lifelong changes, whether it's weight loss, financial health, stress reduction, conquering procrastination, being a better parent, or finding your focus.

One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life

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experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

The first book to explain the new science of self-control and how it can be harnessed to improve our health, happiness, and productivity. After years of watching her students struggling with their choices, health psychologist Kelly McGonigal, Ph.D., realized that much of what people believe about willpower is actually sabotaging their success. Committed to sharing what the scientific community already knew about self-control, McGonigal created a course called "The Science of Willpower" for Stanford University's Continuing Studies Program. The course was an instant hit and spawned the hugely successful Psychology Today blog with the same name. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, McGonigal's book explains exactly what willpower is, how it works, and why it matters. Readers will learn: 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. Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. Temptation and stress hijack the brain's systems of self-control, and that the brain can be trained for greater willpower. In the groundbreaking tradition of Getting Things Done, The Willpower Instinct combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from a healthier life to more patient parenting, from greater productivity at work to finally finishing the basement.

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Willpower - the ability to control your attention, emotions, appetites and behaviour - influences your physical health, financial security, the quality of your relationships and your professional success. We all know this. But why is it so hard to control and why, sometimes, do we have so little of it? Maximum Willpower brings together the newest insights about self-control from psychology, economics, neuroscience and medicine, explaining how we can break old habits and create healthy habits, conquer procrastination and manage stress and emotions. Discover why we give in to temptation and how we can find the strength to resist.

The bestselling author of *The Willpower Instinct* introduces a surprising science-based book that doesn't tell us why we should exercise but instead shows us how to fall in love with movement. Exercise is health-enhancing and life-extending, yet many of us feel it's a chore. But, as Kelly McGonigal reveals, it doesn't have to be. Movement can and should be a source of joy. Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is a powerful antidote to the modern epidemics of depression, anxiety, and loneliness. McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more, with examples that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence. The result is a revolutionary narrative that goes beyond familiar arguments in favor of exercise, to illustrate why movement is integral to both our happiness and our humanity. Readers will learn what they can do in their own lives and communities to harness the power of movement to create happiness, meaning, and connection.

Drawing from groundbreaking research, psychologist and award-winning teacher Kelly McGonigal, PhD, offers a surprising new view of stress—one that reveals the upside of stress, and shows us exactly how to capitalize on its benefits. You hear it all the time: stress causes heart disease; stress causes insomnia; stress is bad for you! But what if changing how you think about stress could make you happier, healthier, and better able to reach your goals? Combining exciting new research on resilience and mindset, Kelly McGonigal, PhD, proves that undergoing stress is not bad for you; it is undergoing stress while believing that stress is bad for you that makes it harmful. In fact, stress has many benefits, from giving us greater focus and energy, to strengthening our personal relationships. McGonigal shows readers how to cultivate a mindset that embraces stress, and activate the brain's natural ability to learn from challenging experiences. Both practical and life-changing, *The Upside of Stress* is not a guide to getting rid of stress, but a toolkit for getting better at it—by understanding, accepting, and leveraging it to your advantage.

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It's no secret that yoga increases muscular flexibility and strength, but you may not know that yoga is a proven treatment for back pain, knee pain, carpal tunnel syndrome, and other chronic pain conditions. Yoga also helps to ease the stress, anxiety, and depression that can create and reinforce pain, making you feel more comfortable in both your mind and your body. Written by a yoga instructor and former chronic pain sufferer, Yoga for Pain Relief is packed with gentle postures and practical strategies for ending pain. This complete mind-body tool kit for healing also includes deep relaxation practices drawn from the yogic tradition and psychological techniques for helping you make peace with your body and dissolve pain. As the ancient practice of yoga releases the hold that chronic pain has over your life, you will begin to feel more like yourself again.

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