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

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Maximum Willpower : How to Master the New Science of Self ...

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.

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

Don't keep yourself in a constant state of willpower depletion. If you are comfortable running a 10-minute mile, increasing your pace to a 9-minute mile puts you in your stretch zone. Alternating between the two is a good way to improve your performance. But staying in your stretch zone indefinitely is not a good idea.

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

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

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10 Powerful Ways to Master Self-Discipline

Maximum willpower : how to master the new science of self-control. [Kelly McGonigal] -- "If you've ever struggled with temptation, addiction, distraction or procrastination, you will know how hard it can be to find the willpower to succeed.

How to Boost Your Willpower | Psychology Today

by Kelly McGonigal. 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.

Maximum Willpower: How to Master the New Science of Self ...

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

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Maximum Willpower: How to master the new science of self-control, by Kelly McGonigal; Willpower: Rediscovering Our Greatest Strength, by Roy F Baumeister and John Tierney - review. Over-praise your child, they seem to suggest, and you're setting him or her up for a life of obesity and alcohol abuse.

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Maximum willpower : how to master the new science of self ...

Every willpower challenge is a battle among these different versions of ourselves. To put the higher self in charge, we need to strengthen the systems of self-awareness and self-control. When we do, we will find the willpower and the want power to do the harder thing.