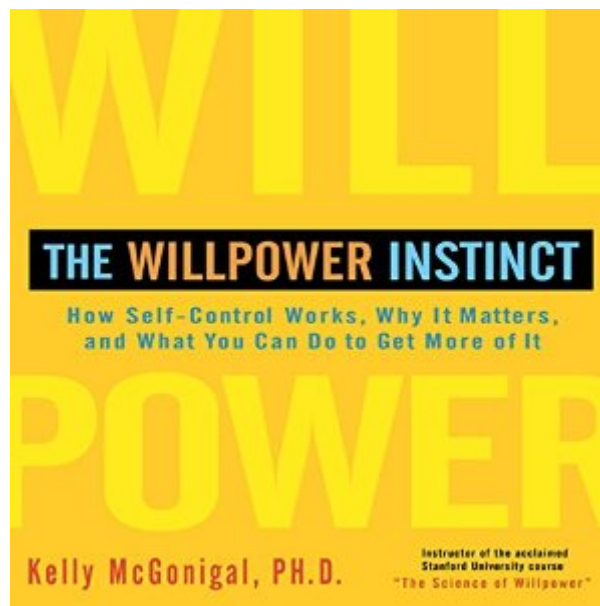


The book was found

The Willpower Instinct: How Self-Control Works, Why It Matters, And What You Can Do To Get More Of It



Synopsis

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. 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, listeners 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 listeners with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Book Information

Audible Audio Edition

Listening Length: 8 hours and 20 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Gildan Media, LLC

Audible.com Release Date: January 4, 2012

Whispersync for Voice: Ready

Language: English

ASIN: B006TI7MNA

Best Sellers Rank: #9 in Books > Medical Books > Psychology > Applied Psychology #12

in Books > Self-Help > Time Management #22 in Books > Health, Fitness & Dieting >

Psychology & Counseling > Applied Psychology

Customer Reviews

Speaking of willpower, once I started reading this book, it took every ounce of my willpower to put it down! (And, so yeah, I may have been spotted reading this book in my car while sitting at red lights. My apologies to the drivers behind me for any [slight] delays my willpower challenges may have caused.) As the above evidence suggests, I can't rave enough about this book. It's a gem, it's a god-send, and it's just that good. You'll have to read for yourself to see what all this gushing is about, but for now, here's a small sampling in the form of the titles' chapters with the author Kelly's big idea summary of each:***Chapter 1: I Will, I Won't, I Want--What Willpower Is, and Why It MattersWillpower is actually three powers--I will, I won't, and I want--that help us to be a better version of ourselves.***Chapter 2: The Willpower Instinct--Your Body Was Born to Resist CheesecakeWillpower is a biological instinct, like stress, that evolved to help protect ourselves from ourselves.***Chapter 3: Too Tired to Resist--Why Self-Control Is Like a MuscleSelf-control is like a muscle. It gets tired from use, but regular exercise makes it stronger.***Chapter 4: License to Sin--Why Being Good Gives Us Permission to Be BadWhen we turn willpower challenges into measures of moral worth, being good gives us permission to be bad. For better self-control, forget virtue, and focus on goals and values.***Chapter 5: The Brain's Big Lie--Why We Mistake Wanting for HappinessOur brains mistake the promise of reward for a guarantee of happiness, so we chase satisfaction from things that do not deliver.

[Download to continue reading...](#)

The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Why Architecture Matters (Why X Matters Series) Control Self-Assessment: Reengineering Internal Control (Enterprise Governance, Control, Audit, Security, Risk Management and Business Continuity) Self-Disciplined Dieter: How to Lose Weight and Become Healthy Despite Cravings and Weak Willpower The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion Arbitrage: The authoritative guide on how it works, why it works, and how it can work for you You Are the Universe: Discovering Your Cosmic Self and Why It Matters So You Want To Be A Rock N Roll Star: Why Songwriting Matters...You Can Do It Money Management Tips: Control Money Don't Let It Control You (Budgeting your money, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend less) The Art Instinct: Beauty, Pleasure, and Human Evolution Killer Instinct The Language Instinct: How the Mind Creates Language Instinct: The Power to Unleash Your Inborn Drive Emotional Intelligence: Why EQ Can Often Matter More Than IQ (Control your emotions, communication skills, social skills, IQ,

success) Willpower: Rediscovering the Greatest Human Strength The Little Book of Big Change:
The No-Willpower Approach to Breaking Any Habit JFK and the Unspeakable: Why He Died and
Why It Matters Why We Make Things and Why It Matters: The Education of a Craftsman The Faith:
What Christians Believe, Why They Believe It, and Why It Matters

[Dmca](#)