



# The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It

By Kelly McGonigal

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**The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It** 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.

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:

- 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.



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### Editorial Review

#### Review

"What a liberating book! McGonigal explains the scientific reality of willpower, exploding the myths most of us believe. Stronger willpower—based on inspiring facts, not oppressive nonsense—is finally within everyone's reach."

—Geoff Colvin, author of *Talent Is Overrated: What Really Separates World-Class Performers From Everybody Else*

"*The Willpower Instinct* is a new kind of self-help book. Using science to explain the *why* and strategies for the *how*, McGonigal has created a must-read for anyone who wants to change how they live in both small and big ways."

—Book Page

"Each chapter could stand on its own as something helpful, but taken as a whole, this book could be downright life-altering. If you are trying to lose weight, become more successful at work, rid yourself of toxic habits...heck, if you're HUMAN, you need to read this book."

—Library Thing

"This book has tremendous value for anyone interested in learning how to achieve their goals more effectively. McGonigal clearly breaks down a large body of relevant scientific research and its applications, and shows that awareness of the limits of willpower is crucial to our ability to exercise true self control."

—Jeffrey M. Schwartz, M.D., co-author of *You Are Not Your Brain* and author of bestselling *Brain Lock*

" \*\*\*\* out of four."

—USA Today Book Review

"A fun and readable survey of the field, bringing willpower wisdom out of the labs."

—TIME magazine

#### About the Author

Kelly McGonigal, Ph.D., is an award-winning psychology instructor at Stanford University, and a lecturer and program developer at the Stanford Center for Compassion and Altruism Research and Education. She is also the author of *The Upside of Stress* and *Psychology Today*'s Science of Willpower blog. McGonigal lives in Palo Alto and New York City.

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**Joyce McDonald:**

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**Lily Spivey:**

The book untitled The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It contain a lot of information on the item. The writer explains your girlfriend idea with easy technique. The language is very simple to implement all the people, so do certainly not worry, you can easy to read the item. The book was authored by famous author. The author brings you in the new time of literary works. It is easy to read this book because you can please read on your smart phone, or model, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open up their official web-site as well as order it. Have a nice read.

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