



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

By Kelly McGonigal

Download now

Read Online ➔

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.

↓ [Download The Willpower Instinct: How Self-Control Works, Wh ...pdf](#)

 [Read Online The Willpower Instinct: How Self-Control Works, ...pdf](#)

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

By Kelly McGonigal

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.

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

- Sales Rank: #9406 in Books
- Brand: Avery Publishing Group
- Published on: 2013-12-31
- Released on: 2013-12-31
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x .70" w x 6.00" l, .63 pounds
- Binding: Paperback
- 288 pages

 [Download The Willpower Instinct: How Self-Control Works, Wh ...pdf](#)

 [Read Online The Willpower Instinct: How Self-Control Works, ...pdf](#)

Download and Read Free Online The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It By Kelly McGonigal

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.

Users Review

From reader reviews:

Margarita Toman:

Book will be written, printed, or outlined for everything. You can understand everything you want by a book. Book has a different type. We all know that that book is important matter to bring us around the world. Next to that you can your reading skill was fluently. A e-book *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It* will make you to possibly be smarter. You can feel

much more confidence if you can know about anything. But some of you think in which open or reading the book make you bored. It is not make you fun. Why they might be thought like that? Have you in search of best book or acceptable book with you?

Joyce McDonald:

Do you certainly one of people who can't read enjoyable if the sentence chained within the straightway, hold on guys this particular aren't like that. This The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It book is readable through you who hate those perfect word style. You will find the data here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to supply to you. The writer connected with The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It content conveys the idea easily to understand by many people. The printed and e-book are not different in the content but it just different by means of it. So , do you even now thinking The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It is not loveable to be your top checklist reading book?

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.

Anthony Lainez:

A lot of publication has printed but it differs from the others. You can get it by web on social media. You can choose the very best book for you, science, witty, novel, or whatever by means of searching from it. It is identified as of book The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It. Contain your knowledge by it. Without making the printed book, it could possibly add your knowledge and make anyone happier to read. It is most essential that, you must aware about reserve. It can bring you from one location to other place.

Download and Read Online The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It By Kelly McGonigal #U7RZX2FO509

Read The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It By Kelly McGonigal for online ebook

The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It By Kelly McGonigal Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It By Kelly McGonigal books to read online.

Online The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It By Kelly McGonigal ebook PDF download

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

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

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