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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.

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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 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.

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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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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.

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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.

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