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Sat, 30 Jun 2018 15:42:00 GMT - The willpower instinct : how self-control works, why it matters, and what you can do to get more of it / Kelly McGonigal. p. cm. ISBN : 978-1-101-55373-2 1. Will. 2. Self-control. I. Title. BF632.M 153.8â€”dc23 All names and identifying characteristics have been changed to protect the privacy of the individuals involved.

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

Mon, 09 Jul 2018 16:22:00 GMT - Week Two: The Willpower Instinct: Your Body Was Born to Resist Cheesecake Week Three: Too Tired to Resist: Why Self-Control is Like a Muscle Note before starting: The book suggests picking out a certain willpower challenge to work on as you read through it. If you want to follow along with these notes, I think it would be best to do the same ...

The Willpower Instinct - Kelly McGonigal - Google Docs -

Mon, 25 Jun 2018 20:56:00 GMT - THE WILLPOWER INSTINCT As a health psychologist and educator for the Stanford School of Medicine's Health Improvement Program, my job is to help people manage stress and make healthy choices. After years of watching people struggle to change their thoughts, emotions, bodies, and habits, I realized that much of what people believed about willpower was sabotaging their success and creating ...

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Wed, 11 Jul 2018 13:06:00 GMT - â€œThe Willpower Instinctâ€