



Summary, Analysis & Key Takeaways of The Willpower Instinct by Kelly McGonigal: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It

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This book is intended for people who realize that time is their most precious resource.

This stripped down version of the original book delivers fast, accurate, no-nonsense information to be consumed and put into action immediately.

Please do not purchase this book if you have no intention of reading it.

"The book you don't read won't help."

–Jim Rohn

PLEASE NOTE: This is key takeaways and analysis of the book, The Willpower Instinct by Kelly McGonigal and NOT the original book.

“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.”

– Original Book Description

Inside this WiseMinds Key Takeaways & Analysis of The Willpower Instinct

- In “The Willpower Instinct” we will go over the Key Ideas from the Book

- In “The Willpower Instinct” the summary, we will provide a detailed Analysis of Key Ideas
- and much more in the classic book, “The Willpower Instinct”!

###Keywords: 30 minutes, how to stop worrying and start living, Religion & Spirituality, Health, Fitness & Dieting, New Age, Meditation, Self-Help, Happiness, The Power of Positive Thinking, Think and Grow Rich, The Willpower Instinct, Health, Fitness & Dieting, Mental Health, Psychology & Counseling, Applied Psychology, Self-Help, Motivational

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From reader reviews:

Roy Christy:

People live in this new morning of lifestyle always try to and must have the extra time or they will get great deal of stress from both day to day life and work. So , whenever we ask do people have time, we will say absolutely yes. People is human not really a huge robot. Then we question again, what kind of activity do you have when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading guides. It can be your alternative throughout spending your spare time, the particular book you have read is definitely Summary, Analysis & Key Takeaways of The Willpower Instinct by Kelly McGonigal: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It.

Diane Worrell:

Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Summary, Analysis & Key Takeaways of The Willpower Instinct by Kelly McGonigal: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It, it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't buy it, oh come on its referred to as reading friends.

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Harold Dalton:

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