

Willpower Instinct

Puterea voinței. Cum funcționează autocontrolul și ce putem face pentru a-l îmbunătăți

The Willpower Instinct Summary - The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It by Kelly McGonigal Ph.D.

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conține exerciții pentru îmbunătățirea autocontrolului soluția perfectă pentru leneșii incorrigibili usa today cel mai sigur instrument pentru succes vi s a întâmplat să vă simțiți vinovați pentru că nu ați putut rezista prăjiturii cu frișcă deși ați început o

dietă de slăbire sau pentru că ați amânat nepermis de mult să dați telefonul acela important clientului care aștepta o propunere de contract sau pentru că ați cumpărat o grămadă de lucruri care nu vă erau de fapt necesare nu e nevoie să vă întrebați mereu de ce viața trebuie să fie o luptă continuă pentru autocontrol puteți învăța din puterea voinței cum să vă controlați atenția emoțiile și dorințele printr-un program pas cu pas care vă ajută să vă identificați obiectivele să vă întăriți autocontrolul și să faceți schimbări pentru toată viața indiferent dacă este vorba de slăbit sănătate financiară reducerea stresului învingerea tendinței de a tergiversa lucrurile cum să fiți un părinte mai bun sau cum să vă concentrați mai bine exercițiile și strategiile propuse vă arată cum să transformați cunoașterea greșelilor în strategii pentru succes insuflându-vă puterea de a vă atinge obiectivele de a face schimbări reale și de durată și de a deține controlul asupra fiecărui aspect al vieții voastre de la ceea ce mâncați până la ceea ce faceți spuneți sau cumpărați

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 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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a complete summary of the willpower instinct how self control works why it matters and what you can do about it the willpower instinct is a book written by kelly mcgonigal the author is a ph d which is visible immediately after the readers start reading the book since the book is filled with information the author used from her research the main purpose of this book is to show its readers why we lose self control and what is that each of us can do in order to improve our willpower how our willpower affects our lives including work health and even happiness is another important thing the author explains the author wants her readers to understand why willpower is so important in their lives moreover as the author explains this she also explains what can influence our willpower in a negative way what can draw it and how can we avoid our willpower being drawn away the willpower instinct is an educational and very compelling read where we can learn many useful things we did not previously know here is a preview of what you will get in of the willpower instinct you will get a detailed summary of the book in of the willpower instinct you will get an analysis of the book in of the willpower instinct you will get some fun multiple choice quizzes along with answers to help you learn about the book get a copy and learn everything about of the willpower instinct

japanese edition of the willpower instinct how self control works why it matters and what you can do to get more of it the book is based on the lectures of the course dr mcgonigal teaches at stanford psychology is largely known as inexact science but dr mcgonigal's research shows how psychological principals are applied to areas of personal development in japanese annotation copyright tsai fong books inc distributed by tsai fong books inc

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willpower the ability to control your attention emotions appetites and behaviour influences your physical health financial security the quality of your relationships and your professional success we all know this but why is it so hard to control and why sometimes do we have so little of it 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 by understanding the limits of willpower you can prioritize goals make conscious choices change old habits and give up the pursuit of perfection this book focuses on strategies that can help you transcend limitations strengthen self control and escape the grip of chronic stress and procrastination whether you are trying to break a habit improve your health or find your focus this book will change the way you think about willpower and help you make real and lasting changes in your life

nuestro resumen es breve sencillo y pragmático le permite tener las ideas esenciales de un gran libro en menos de 30 minutos cómo puede controlar mejor sus tentaciones una forma de resolver este problema es trabajar su fuerza de voluntad en este libro aprender cómo es la fuerza de voluntad cómo evitar la tentación que interfiere con su fuerza de voluntad cómo fortalecer su fuerza de voluntad cómo puede tu cerebro engañar a tu fuerza de voluntad cómo puede descontrolarse nuestro deseo cómo afecta el estrés a tu fuerza de voluntad cómo puedes desarrollar una visión a largo plazo cómo puedes hacer que un objeto sea menos deseable cómo puede afectar tu entorno a tu fuerza de voluntad nuestras respuestas a estas preguntas son fáciles de entender sencillas de aplicar y rápidas de ejecutar listo para controlar mejor tus tentaciones vamos al comprar ahora el resumen de este libro por el módico precio de una taza de café

al leer este resumen descubrir que la fuerza de voluntad puede desarrollarse siguiendo el programa de kelly mcgonigal también

no descubrir que el autocontrol es un componente del ser humano la fuerza de voluntad puede ampliarse mediante sencillas técnicas de autoconciencia la culpa y la autoflagelación no mejoran su fuerza de voluntad la fuerza de voluntad es contagiosa los demás pueden ayudarle a desarrollarla kelly mcgonigal doctora en psicología ofrece un método detallado para superar todas las dificultades dejar de fumar hacer deporte etc su técnica le tuerce el cuello y le enseña a mantenerse alerta según ella la falta de fuerza de voluntad no es inevitable aprenda a transformar profundamente su vida reforzando su autocontrol para ello elija un reto de voluntad con el que pondrá a prueba cada una de las ideas de este libro todo lo que tiene que hacer es

lack of willpower is cited as the number one reason why people don't follow through on their goals it's the top inhibitor of dieting regular exercising practicing religion or sports doing homework finishing the housework getting to appointments on time finishing personal projects and getting out of unhealthy ruts willpower at its most rudimentary is what gives follow through to any objective willpower is the reason why any author starts and finishes a book any musician is able to write and record their music and any entrepreneur is able to launch a new product despite everyone in their lives telling them that it's not going to sell if you want to lose weight and keep it off run a marathon climb a mountain train your dog make more money learn ballet make a friend get out of debt buy a house or find love ect but you can't seem to stick with your plan no matter how determined you are then this book by author janet springer entitled unbreakable willpower is for you it is meant to give you a down to earth look at how big of an impact making small decisions can have in your life and give you practical creative strategies to help you implement those decisions in your daily life in addition you will also learn the amazing secrets of self control self discipline the killer instinct and the art of mental training

if you would like to build iron like willpower and unshakable self discipline and do it even if you are currently lazy undisciplined and couldn't motivate yourself out of a paper bag then this audiobook will show you how you might think that successful people are simply lucky or backed by a rich family but that's certainly not the case most of the time success comes to those who are disciplined and mentally tough people who can withstand any challenge that comes their way learning self discipline is necessary to effectively organize your time and energy and to use it wisely to motivate yourself and successfully achieve all your goals and dreams do you want more self discipline confidence self awareness achievement many people question the value of self discipline for some developing self discipline is a pointless endeavor why control yourself from doing what you want when it can only make you sad the truth is self discipline is not just all about control nor is it a form of self deprivation rather it is about working your way toward success you may not see it as you take your journey but it will soon reveal itself when you reach your goal one of the things that could help you ultimately develop your self discipline is to know you can get

something great out of it realizing its benefits before you begin in your journey is a good motivational factor that will help you stick to what you have started this audiobook is a complete guide to maintaining your composure and self discipline at all possible scenarios and will let you achieve great success with the help of these habits

willpower is what pushes heroes and heroines through trials and tribulations it gives them the ability to persevere and exert self control irrespective of the trying circumstances that they are in whenever we listen to the stories of these incredible men and women we marvel at how they manage to effortlessly control their circumstances and maintain a straight path without wavering the secret lies in their willpower and how well they master their emotions the greatest desire of man has been to tap into this willpower instinct in order to replicate their success stories somehow each one of us understands the critical role that willpower plays in our lives we often talk about dieting building saving plans achieving goals and dreams as well as beating procrastination the challenge however is in bridging the gap between wanting willpower and mastering the skill according to the words of aleister crowley in the absence of willpower the most complete collection of virtues and talents is wholly worthless in this book you will find the power to bridge this gap and discover lots of fascinating insights from research that has been conducted by scientists on the subject of willpower you will also learn how these recently discovered willpower truths will help you in modeling your life the book explores the real meaning behind willpower why it seems so elusive and the practical ways you can use to tap into the willpower instinct on top of all this you will also be shown a stepwise process on how to increase your willpower reservoir and ways of maintaining it into the future

willpower is your ultimate strength use it to be the best you can be includes 13 willpower exercises and recommended readings you re about to discover how to achieve great success in life by establishing a clear direction while learning how to stay motivated this powerful book will dig deep into willpower with over 13 exercises and reconditioning activities here is a preview of what you ll learn what is willpower understanding your willpower emotions versus intellect effective motivation and goal setting developing self discipline the power of thoughts willpower and cravings willpower and heart rate variability what the hell effect delayed gratification willpower and mirror neurons willpower exercises start today and unlock the achiever inside of you

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