

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

SUMMARY Summary SUMMARY - 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 Summary: the Willpower Instinct RESUMEN--The Willpower Instinct Resumen--The Willpower Instinct Maximum Willpower Willpower: Regain Your Self-Control and Rediscover Your Willpower Instinct Unbreakable Willpower Self Discipline: Rising Firm and Strong: Have Motivation Advantage to Bypass Your Tipping Point by Brute Grind Instinct and Measure Your Willpower and Focus on What Matters for Happiness Kelly McGonigal Kelly McGonigal MY MBA Edition Shortcut (author) Walker-Summary Shortcut Edition Kelly McGonigal 30 Minute Book Summaries Shortcut Edition MY. MBA Kelly McGonigal Allison Perry Janet Sprnger Shawn Norman

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conține exerciții pentru îmbunătățirea autocontrolului soluția perfectă pentru leneșii incorigibili

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 mcgoingal 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

our summary is short simple and pragmatic it allows you to have the essential ideas of a big book in less than 30 minutes as you read this summary you will discover that willpower can be developed by following kelly mcgonigal s program you will also discover that self control is a component of the human being willpower can be amplified by simple self awareness techniques guilt and self flagellation do not improve your willpower willpower is contagious others can help you develop it kelly mcgonigal doctor of psychology offers a detailed method to overcome all difficulties quitting smoking getting into sports etc her technique she twists your neck and teaches you to stay alert according to her lack of willpower is not inevitable learn to deeply transform your life by strengthening your self control to do this choose a will challenge that you will test each of the ideas in this book all you have to do is buy now the summary of this book for the modest price of a cup of coffee

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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al leer este resumen descubrir que la fuerza de voluntad puede desarrollarse siguiendo el programa de kelly mcgonigal tambi n descubrir que el autocontrol es un componente del ser humano la fuerza de voluntad puede ampliarse mediante sencillas t cnicas de autoconciencia la culpa y la autoflagelaci n no mejoran su fuerza de voluntad la fuerza de voluntad es contagiosa los dem s pueden ayudarle a desarrollarla kelly mcgonigal doctora en psicolog a ofrece un m todo detallado para superar todas las dificultades dejar de fumar hacer deporte etc su t cnica le tuerce el cuello y le ense a a mantenerse alerta seg n 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 pondr a prueba cada una de las ideas de este libro todo lo que tiene que hacer es

nuestro resumen es breve sencillo y pragm tico le permite tener las ideas esenciales de un gran libro en menos de 30 minutos c mo puede controlar mejor sus tentaciones una forma de resolver este problema es trabajar su fuerza de voluntad en este libro aprender c mo es la fuerza de voluntad c mo evitar la tentaci n qu interfiere con su fuerza de voluntad c mo fortalecer su fuerza de voluntad c mo puede tu cerebro enga ar a tu fuerza de voluntad c mo puede descontrolarse nuestro deseo c mo afecta el estr s a tu fuerza de voluntad c mo puedes desarrollar una visi n a largo plazo c mo puedes hacer que un objeto sea menos deseable c mo puede afectar tu entorno a tu fuerza de voluntad nuestras respuestas a estas preguntas son f ciles de entender sencillas de aplicar y r pidas de ejecutar listo para controlar mejor tus tentaciones vamos all compre ahora el resumen de este libro por el m dico precio de una taza de caf

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

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

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