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to make positive changes to
ourselves and our society.

According to social psychologist
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start learning about the habit or what Baumeister calls the biggest human strength, Willpower is the book to read. The Willpower Instinct is a great follow-up.. This covers the basics of what willpower is, how it works and of course what you can do to

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improve and how to handle
yourself when it fails you (which it
will).

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While self-control is biologically
rooted, we have the capacity to

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manipulate our nature. Willpower works like a muscle that can be strengthened with practice, and fatigued with overuse. Combining the best of modern social science with practical wisdom, Baumeister and Tierney revolutionize our understanding

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wisdom of real-life experts, Roy F. Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter.

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coveted human virtue: self-
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~~Willpower (□□)~~

The power to resist temptation —
to pass up dessert, to endure an
unpleasant experience, to defer

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satisfaction — is our "greatest human strength," argue psychologist Roy F. Baumeister and science...

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