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*Rediscovering the
Greatest Human Strength*

WILLPOWER

ROY F. BAUMEISTER
& JOHN TIERNEY

"An immensely rewarding book, filled with ingenious research, wise advice and insightful reflections on the human condition."

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Roy Baumeister Willpower Rediscovering The Greatest Human Strength

Michael Slote



Roy Baumeister Willpower Rediscovering The Greatest Human Strength:

Willpower Roy F. Baumeister, John Tierney, 2011-10-13 Can you resist everything except temptation In a hedonistic age full of distractions it s hard to possess willpower or in fact even understand why we should need it Yet it s actually the most important factor in achieving success and a happy life shown to be more significant than money looks background or intelligence This book reveals the secrets of self control For years the old fashioned even Victorian value of willpower has been disparaged by psychologists who argued that we re largely driven by unconscious forces beyond our control Here Roy Baumeister one of the world s most esteemed and influential psychologists and journalist John Tierney turn this notion on its head They show us that willpower is like a muscle that can be strengthened with practice and improved over time The latest laboratory work shows that self control has a physical basis to it and so is dramatically affected by simple things such as eating and sleeping to the extent that a life changing decision may go in different directions depending on whether it s made before or after lunch You will discover how babies can be taught willpower the joys of the to don t list the success of Alcoholics Anonymous the pointlessness of diets and the secrets to David Blaine s stunts There are also fascinating personal stories from explorers students soldiers ex addicts and parents Based on years of psychological research and filled with practical advice this book will teach you how to gain from self control without pain and discover the very real power in willpower The results are nothing short of life changing **SUMMARY** Edition Shortcut (author), 1901 **Willpower** Roy F. Baumeister, John Marion Tierney, 2011 The authors review the latest research to report key findings on willpower and offer practical advice for increasing it **Steeds beter** Gretchen Rubin, 2015-07-14 Gewoonten vormen het onzichtbare raamwerk van ons bestaan Over sommige denken we niet eens meer na terwijl andere ons soms veel moeite kosten om vol te houden Steeds beter leert je hoe je je gewoonten kunt leren begrijpen en indien nodig aan kunt passen In haar persoonlijke zoektocht test Gretchen Rubin haar theorie n over goede en slechte gewoonten op zichzelf en haar omgeving Of je nu meer wilt slapen een project wilt afronden gezonder wilt gaan leven of nu echt wilt stoppen met te vaak naar je mobieltje staren goede gewoonten kunnen je helpen Steeds beter geeft je de handvatten om direct zelf aan de slag te gaan **SUMMARY - Willpower: Rediscovering The Greatest Human Strength By Roy F. Baumeister And John Tierney** Shortcut Edition, 2021-06-04 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 developing your willpower allows you to have a more satisfying life and encourages the fulfillment of your projects You will also discover that willpower is not an abstract notion the anterior cingulate cortex is the part of the brain involved in self control By dint of using willpower to restrain emotions impulses thoughts the brain slows down It thus becomes more difficult to control oneself everyone has a limited reservoir of willpower the will is carburized by glucose in order to achieve one s goals it is necessary to be satisfied with only one project to carry out In fact aiming at various objectives is ineffective to possess self control is to have the capacity to overcome one s

individualism to know how to turn away from oneself improves the will sharing your goals with others is an incentive especially if they have the opportunity to check on your progress The will allows you to replace automatisms by more adequate responses to requests Learning to improve your self control ensures that you are protected from desires that hinder success This means for example stopping the exhaustion of fighting against the urge to consume sweets all the time or to watch TV rather than work It is possible to become more satisfied by practicing self control Self control offers many benefits and provides emotional stability for a happier life Buy now the summary of this book for the modest price of a cup of coffee

Change the Narrative: How Reading 100 Books in a Year Changed Mine Elliot Yi, 2019-07-16 A journey that started without the intention of a transformation results in seismic change and growth Buckle in take a wild ride down the path of creating habits and changing mindsets *MINDGYM: Work-outs* Wouter de Jong, 2019-02-18 Bij goed voor jezelf zorgen denken we vaak aan veel bewegen en gezond eten maar je zit pas cht lekker in je vel als je ook mentaal sterk bent Daarom komt Wouter de Jong nu na de bestseller Mindgym Sportschool voor je geest met Mindgym Work outs Te gebruiken als aanvulling op het eerste boek of om mee te beginnen Dit boek is nog praktischer met nieuwe oefeningen extra audiotrainingen meer suggesties voor handige apps kortom het staat vol met nieuwe inspiratie Met deze work outs verbeter je je mentale conditie en houd je hem op peil De Jong neemt je in 12 weken mee langs de belangrijkste technieken om je mindset te trainen en geeft je onderweg praktische oefeningen en verrassende opdrachten En ook fijn de oefeningen zijn op verschillende niveaus te volgen light medium of intens afhankelijk van hoeveel tijd je wilt investeren Zo train je gaandeweg je aandachtsspier houd je positieve emoties langer vast en leer je veerkrachtig om te gaan met tegenslagen Dit boek geeft je de meest waardevolle work out van je leven want een gezonde geest heb je niet die train je **Between Psychology and**

Philosophy Michael Slote, 2019-07-30 This open access book discusses a variety of important but unprecedented ways in which psychology can be useful to philosophy The early chapters illustrate this theme via comparisons between Chinese and Western philosophy It is argued that the Chinese notion of a heart mind is superior to the Western concept of mind but then more even handedly the relative strengths and weaknesses of Chinese and Western thought overall are critically examined In later chapters the philosophical uses of psychology are treated more specifically in relation to major issues in Western philosophy Michael Slote shows that empathy and emotion play a role in speech acts like assertion and thanking that speech act theory has totally ignored Similarly he treats the age old question of whether justice pays using psychological material that has not previously been recognized Finally the implications of psychological egoism are discussed in terms of some new psychological and indeed human distinctions Human life is pervaded by instincts and aspirations that are neither egoistic nor altruistic and recognizing that fact can help put egoism in its place It is less of a challenge to morality than we have realized

De god van het lopen Ineke Albers, 2013-07-17 In een boeddhistisch klooster in de buurt van Kyoto wonen monniken die 100 nachten achtereen een 35 kilometer lange voettocht over een berg maken om tot een staat van Verlichting te komen

Lopen hetzij wandelen hetzij rennen als religieuze of geestverruimende ervaring is ook in de westerse wereld een bekend verschijnsel Denk bijvoorbeeld aan hardlopers die hun dagelijkse loopritueel niet kunnen missen Waar raken lopen en religie elkaar En is de Verlichting van het lopen zichtbaar in de hersenen Ineke Albers reisde naar Japan en zocht in de Japanse cultuur in het boeddhisme en in de neurowetenschap naar antwoorden op deze vragen Ze zag de monniken tijdens hun slopende pelgrimages en liep onverhoeds de gesloten wereld van het oude Japan binnen *Getting things done* David Allen, 2015-07-02 Mijn favoriet over het organiseren van je leven Getting Things Done helpt je om nieuwe mentale vaardigheden te ontwikkelen die je nodig hebt in een tijd van multitasken en informatiestress The Wall Street Journal Getting Things Done beschrijft een ongelooflijk praktische methode die drukke mensen weer controle geeft over hun leven Het kan je helpen om succesvoller te worden En belangrijker het kan je helpen om een gelukkiger leven te leiden Marshall Goldsmith auteur van Tot hier en nu verder

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