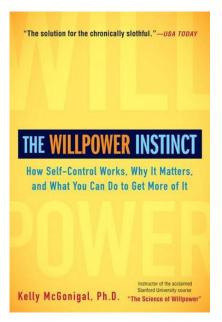
The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It PDF



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

ISBN : #1583335080 | Date : 2013-12-31 Description :

PDF-320a7 | After years of watching her students struggling with their choices health psychologist McGonigal realized that much of what people believe about willpower is actually sabotaging their success Committed to sharing what the scientific community already knew about self control she created a course called The Science of Willpower which was an instant hit for Stanford University As a health psychologis... *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*



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