

Willpower Rediscovering The Human Greatest Strength

[#willpower](#) [#human strength](#) [#self-control](#) [#mental resilience](#) [#inner power](#)

Explore the profound concept of willpower, recognizing it as humanity's most significant inherent strength. This journey invites readers to rediscover and harness this vital internal power, essential for self-mastery, achieving goals, and navigating life's challenges with unwavering determination.

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Willpower

One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, 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. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

Willpower

The authors review the latest research to report key findings on willpower and offer practical advice for increasing it.

Willpower

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. The latest laboratory work reveals that self-control has a physical basis 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 - Willpower: Rediscovering The Greatest Human Strength By Roy F. Baumeister And John Tierney

* 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!

Willpower

The authors review the latest research to report key findings on willpower and offer practical advice for increasing it.

The Power of Bad

"The most important book at the borderland of psychology and politics that I have ever read."—Martin E. P. Seligman, Zellerbach Family Professor of Psychology at that University of Pennsylvania and author of *Learned Optimism* Why are we devastated by a word of criticism even when it's mixed with lavish praise? Because our brains are wired to focus on the bad. This negativity effect explains things great and small: why countries blunder into disastrous wars, why couples divorce, why people flub job interviews, how schools fail students, why football coaches stupidly punt on fourth down. All day long, the power of bad governs people's moods, drives marketing campaigns, and dominates news and politics. Eminent social scientist Roy F. Baumeister stumbled unexpectedly upon this fundamental aspect of human nature. To find out why financial losses mattered more to people than financial gains, Baumeister looked for situations in which good events made a bigger impact than bad ones. But his team couldn't find any. Their research showed that bad is relentlessly stronger than good, and their paper has become one of the most-cited in the scientific literature. Our brain's negativity bias makes evolutionary sense because it kept our ancestors alert to fatal dangers, but it distorts our perspective in today's media environment. The steady barrage of bad news and crisismongering makes us feel helpless and leaves us needlessly fearful and angry. We ignore our many blessings, preferring to heed—and vote for—the voices telling us the world is going to hell. But once we recognize our negativity bias, the rational brain can overcome the power of bad when it's harmful and employ that power when it's beneficial. In fact, bad breaks and bad feelings create the most powerful incentives to become smarter and stronger. Properly understood, bad can be put to perfectly good use. As noted science journalist John Tierney and Baumeister show in this wide-ranging book, we can adopt proven strategies to avoid the pitfalls that doom relationships, careers, businesses, and nations. Instead of despairing at what's wrong in your life and in the world, you can see how much is going right—and how to make it still better.

Is There Anything Good About Men?

Have men really been engaged in a centuries-old conspiracy to exploit and oppress women? Have the essential differences between men and women really been erased? Have men now become unnecessary? Are they good for anything at all? In *Is There Anything Good About Men?*, Roy Baumeister offers provocative answers to these and many other questions about the current state

of manhood in America. Baumeister argues that relations between men and women are now and have always been more cooperative than antagonistic, that men and women are different in basic ways, and that successful cultures capitalize on these differences to outperform rival cultures. Amongst our ancestors---as with many other species--only the alpha males were able to reproduce, leading them to take more risks and to exhibit more aggressive and protective behaviors than women, whose evolutionary strategies required a different set of behaviors. Whereas women favor and excel at one-to-one intimate relationships, men compete with one another and build larger organizations and social networks from which culture grows. But cultures in turn exploit men by insisting that their role is to achieve and produce, to provide for others, and if necessary to sacrifice themselves. Baumeister shows that while men have greatly benefited from the culture they have created, they have also suffered because of it. Men may dominate the upper echelons of business and politics, but far more men than women die in work-related accidents, are incarcerated, or are killed in battle--facts nearly always left out of current gender debates. Engagingly written, brilliantly argued, and based on evidence from a wide range of disciplines, *Is There Anything Good About Men?* offers a new and far more balanced view of gender relations.

Alpha Trader

Trading is a chaotic, complex, and loosely-structured game played by the smartest minds and most expensive computers in the world. It is the ultimate puzzle. Few can trade at an elite level for an extended period. The game is constantly changing and the rules, mechanics, and probabilities are difficult to observe and forever in flux. Just when you think you've got a plan: BAM. You get punched in the mouth. Trading attracts intelligent, driven individuals who see enormous financial rewards and few barriers to entry. But no amount of intelligence or skill is enough if you are irrational, undisciplined, or overconfident. The best analysis is useless if you keep reaching for the self-destruct button. How do you survive and excel in this high-stakes competition? How do you become an Alpha Trader? The answer is mindset, methodology, and math. *ALPHA TRADER* is not a behavioral economics textbook and it is not a boring, theoretical deep dive into trading psychology. It's a practical guide full of actionable information, exciting and relevant trading floor stories, concisely-distilled research, and real-life examples that explain and reinforce critical concepts. The book details the specific strategies, tactics, and habits that lead to professional trading success. It will help you become more self-aware, rational, and profitable. This book will make you a better trader. It will help you unlock more edge and it will motivate you to become an expert in your market. It covers practical and essential topics like strategy vs. tactics, microstructure, market narrative, technical analysis, sentiment, positioning and systematic risk management. It will explain the importance of adaptation, rational thinking, behavioral bias, and risk of ruin. Brent Donnelly, the author of *ALPHA TRADER*, has been a professional trader for more than two decades and has been writing about macro and markets for more than 15 years. His writing style is engaging, approachable, and entertaining and he has the experience and knowledge of a veteran professional trader. His first book, *The Art of Currency Trading* is a bestseller and has received rave reviews. Brent has worked as a senior FX dealer at some of the biggest banks in the world. He has traded global macro for a Connecticut hedge fund, and he has day traded equities with his own money. He loves trading and he loves writing about it. *ALPHA TRADER* is for traders of every skill and experience level. Veterans and rookies alike will benefit as the book digs into topics like self-awareness, discipline, endurance, and grit. Learn the common traits of winning traders, the myriad sources of trader kryptonite, how to improve your decision-making, and how smart people do stupid things, all the time. Professional trading is a lifelong journey of self-improvement, struggle, adaptation, and success. This book will help you level up on that journey. Be rational and self-aware. Learn, adapt, and grow. Unleash the Alpha.

Summary - Willpower: Rediscovering Our Greatest Strength by Roy F. Baumeister and John Tierney

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. How to master your willpower? To master it, you must first know how to define it, where it comes from and how it works. Thus, failures become less frequent. In this book, you will learn : How does willpower work? How to train your willpower? How is the will controlled in our body? How to control your willpower? What to do if your will is lacking? How to build willpower with willpower? How do you teach willpower to a child? What are the limits of willpower? Our answers to these questions are easy to understand, simple to implement and quick to execute. Ready to master your willpower? Let's go ! *Buy now the summary of this book for the modest price of a cup of coffee!

The Self Explained

The idea of the self is immediately familiar to everyone, yet elusive to define and understand. From pioneering researcher Roy F. Baumeister, this volume synthesizes a vast body of knowledge to provide a panoramic view of the human self--how it develops and functions, why it exists, and what problems it encounters on the journey through life. What are the benefits of self-knowledge, and how attainable is it? Do we have one self, or many? What is the relationship of self and society? In 28 concise chapters, Baumeister explains complex concepts with clarity and insight. He reveals the central role played by the self in enabling both individuals and cultures to thrive.

Homo Prospectus

NINE Morality and Prospection -- TEN Prospection Gone Awry: Depression -- ELEVEN Creativity and Aging: What We Can Make With What We Have Left -- Afterword -- Author Index -- Subject Index

Willpower Doesn't Work

'Benjamin Hardy is one of the leading voices on well-being and productivity. Willpower Doesn't Work is an insightful guide to help us thrive in today's world' Arianna Huffington If you're relying on willpower alone to help you lose weight, improve your relationships or achieve more at work, you're doomed to fail. The environment around us is far too powerful, stimulating, addicting and stressful to overcome it through sheer determination. Willpower, grit, being positive - basically, all the tools you've been told are the keys to creating lasting change in your life - are insufficient in this high-paced, information-overloaded world we live in. The only way to stop just surviving and learn to truly thrive in today's world is to proactively shape your environment. That's the premise of Willpower Doesn't Work, by organisational psychologist and Medium's most-read self-help guru Benjamin Hardy. Building on copious existing research, as well as his own experience of growing up in a broken family afflicted by addiction and drug use, Hardy explains how people can change their lives on every level by making small, impactful changes in their environment like: * Creating 'enriched environments' - using tougher challenges and self-imposed deadlines to force yourself to rise to the occasion. * Growing into your goals - using radical personal accountability to keep yourself on target and on track. * Becoming the teacher - stepping into a leadership role (even before you think you're ready) to accelerate your skills. * Rotating your environments - getting out of your rut by literally changing your physical surroundings throughout the day or week. From simple steps like removing things that conflict with your values from your environment (like junk food, junk media, even junk people), to incorporating new tools (like fasting or adding 'positive triggers' to your world), these lessons make it possible to consciously shape your surroundings so you can lead a more productive and happier life. Hardy leans on his own story of making the decision to foster three young children to illustrate how any shift, no matter how huge, can become 'the new normal' if you support that change with a productive environment.

Splitopia

"Splitopia challenges outdated, negative assumptions about divorce with sharp wit, searing honesty, rigorous research, and intimate interviews, and offers guidance for healthier, happier splits"--

Mini Habits

Discover the Life-Changing Strategy of This Worldwide Bestseller in 17 Languages! Lasting Change For Early Quitters, Burnouts, The Unmotivated, And Everyone Else Too When I decided to start exercising consistently 10 years ago, this is what actually happened: I tried "getting motivated." It worked sometimes. I tried setting audacious big goals. I almost always failed them. I tried to make changes last. They didn't. Like most people who try to change and fail, I assumed that I was the problem. Then one afternoon--after another failed attempt to get motivated to exercise--I (accidentally) started my first mini habit. I initially committed to do one push-up, and it turned into a full workout. I was shocked. This "stupid idea" wasn't supposed to work. I was shocked again when my success with this strategy continued for months (and to this day). I had to consider that maybe I wasn't the problem in those 10 years of mediocre results. Maybe it was my prior strategies that were ineffective, despite being oft-repeated as "the way to change" in countless books and blogs. My suspicions were correct. Is There A Scientific Explanation For This? As I sought understanding, I found a plethora of scientific studies that had answers, with nobody to interpret them correctly. Based on the science--which you'll find peppered throughout Mini Habits--we've been doing it all wrong. You can succeed without the guilt, intimidation, and repeated failure associated with such strategies as "getting motivated," New Year's

Resolutions, or even "just doing it." In fact, you need to stop using those strategies if they aren't giving you great results. Most popular strategies don't work well because they require you to fight against your subconscious brain (a fight not easily won). It's only when you start playing by your brain's rules and taking your human limitations seriously--as mini habits show you how to do--that you can achieve lasting change. What's A Mini Habit? A mini habit is a very small positive behavior that you force yourself to do every day; its "too small to fail" nature makes it weightless, deceptively powerful, and a superior habit-building strategy. You will have no choice but to believe in yourself when you're always moving forward. The barrier to the first step is so low that even depressed or "stuck" people can find early success and begin to reverse their lives right away. And if you think one push-up a day is too small to matter, I've got one heck of a story for you! Aim For The First Step They say when you aim for the moon, you'll land among the stars. Well, that doesn't make sense, as the moon is closer than the stars. I digress. The message is that you should aim very high and even if you fall short, you'll still get somewhere. I've found the opposite to be true in regards to productivity and healthy behaviors. When you aim for the moon, you won't do anything because it's too far away. But when you aim for the step in front of you, you might keep going and reach the moon. I've used the Mini Habits strategy to get into the best shape of my life, read 10x more books, and write 4x as many words. It started from requiring one push-up from myself every day. How ridiculous is that? Not so ridiculous when you consider the science of the brain, habits, and willpower. The Mini Habits system works because it's how our brains are designed to change. Note: This book isn't for eliminating bad habits (some principles could be useful for breaking habits). Mini Habits is a strategy to create permanent healthy habits in: exercise, writing, reading, thinking positively, meditating, drinking water, eating healthy foods, etc. Lasting change won't happen until you take that first step into a strategy that works. Give Mini Habits a try. You won't look back.

The Willpower Instinct

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.

Maximum Willpower

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.

Breakdown of Will

Argues that our responses to the threat of our own inconsistency determine the fabric of human culture.

Masochism and the Self

This volume provides an integrative theory firmly grounded in current psychology of the self, and offers a fresh, compelling account of one of psychology's most enigmatic behavior patterns. Professor Baumeister provides comprehensive coverage of historical and cross-cultural theories and empirical data on masochism and presents recent, original data drawn from a large data set of anonymous masochistic scripts of fantasies and favorite experiences. Drawn from the latest social psychological research and theories, Professor Baumeister returns the emphasis to the original and proto-typical form of masochism -- sexual masochism -- and explains these phenomena as a means of releasing the individual from the burden of self-awareness. It is the first volume to present a psychological theory compatible with the mounting evidence that most masochists are not mentally ill nor does masochism derive from sadism. Instead, Professor Baumeister finds that masochism emerges as an escapist response to the problematic nature of selfhood and he attempts to foster an understanding of sexual masochism that emphasizes both "escape from self" and "construction of meaning" hypotheses. The book is directed at all those interested in the self and identity in paradoxical behavior patterns and in the construction of meaning, presenting specific clinical recommendations.

The Cultural Animal

This book provides a coherent explanation of human nature, which is to say how people think, act, and feel, what they want, and how they interact with each other. The central idea is that the human psyche was designed by evolution to enable people to create and sustain culture.

Objective Economics

Every price is set by someone; this is where economics begins. Building on that fundamental idea and on Ayn Rand's philosophy of Objectivism, Objective Economics transforms economics. The thesis of this book is that Ayn Rand's concept of "objective" is the indispensable base of valid economic thought. Consistently applying this idea across the board, the author reaches a general theory of price for the first time in the history of economic thought. This theory of price then provides a valid base for explaining how a free economy functions. Based on facts everyone knows, presented without graphs or higher mathematics, Objective Economics makes accessible to the intelligent layman a clear understanding of how the economy works. For everyone who found college economics impenetrable--and that is just about everyone--this is the book. The thesis of Objective Economics changes everything about economics, including economics' method, the conception of the economy, the meaning of competition, the idea of price, the nature of business costs, the concept of supply, the concept of demand, the law of supply and demand, the theory of price, and the theory of total national output. Overall, as the result of all the preceding, Objective Economics demonstrates that capitalism is the practical economic system.

Evil

Why is there evil, and what can scientific research tell us about the origins and persistence of evil behavior? Considering evil from the unusual perspective of the perpetrator, Baumeister asks, How do ordinary people find themselves beating their wives? Murdering rival gang members? Torturing political prisoners? Betraying their colleagues to the secret police? Why do cycles of revenge so often escalate? Baumeister casts new light on these issues as he examines the gap between the victim's viewpoint and that of the perpetrator, and also the roots of evil behavior, from egotism and revenge to idealism and sadism. A fascinating study of one of humankind's oldest problems, Evil has profound implications for the way we conduct our lives and govern our society.

Mindful Self-Discipline

If you want to live a life of purpose, build good habits and achieve your goals, there is one skill that is more important than anything else: Self-Discipline. Self-discipline is not about punishment, it's about self-respect. It is not about being inflexible, but about living your best life. It is the superpower of focus in a world of distractions — allowing you to overcome procrastination, excuses, bad habits, low motivation, failures, and self-doubt. With it, you can stay on track with your values and goals even through the times when you are least inspired. Self-discipline allows you to choose who you want to be and live by design rather than by default. As a meditation teacher and self-discipline coach, Giovanni Dienstmann has

helped hedge fund managers, CEOs, entrepreneurs, ambitious professionals, artists and pro athletes to live a more focused and disciplined life. Since 2014 he has been successfully coaching people to overcome distractions, procrastination, self-doubt, fear, and other forms of self-sabotage. Whatever self-discipline challenge you face, whatever excuse you are telling yourself — Mindful Self-Discipline is a collection of all these years of experience, converted into a tool for you to use. This revolutionary book is a comprehensive and practical guide for you to develop self-discipline in a balanced way — without beating yourself up. It emphasizes the use of mindfulness and awareness as key components for building habits, rather than forcefulness and willpower. If you have tried other methodologies and failed, then this is for you. This manual for living your life purposefully contains: — Over 50 step-by-step exercises — Over 100 illustrations and diagrams — Links to the scientific studies about each topic Many, many examples — all to make it as easy as possible for you to actually apply all this knowledge and transform your daily life. If you have tried other approaches (Miracle Morning, Atomic Habits, Willpower Instinct, Tiny Habits, Discipline is Freedom, Hooked, Can't Hurt Me) and didn't get the results you were after, then this is for you. Mindful Self-Discipline goes much beyond building habits, time management, and forcing yourself. It is gentler, more achievable, and rooted in living a life of purpose. Think you are not made to be self-disciplined? Think again.

The Other Side of Happiness

'Required reading ... Brock Bastian expertly picks apart the fundamental idea that humans thrive when they approach pleasure and avoid pain, explaining why hardship sometimes yields richer lives that are laden with meaning, deep social connections, and unexpected bliss' Adam Alter, author of Drunk Tank Pink In today's culture, happiness has become the new marker of success, while hardships are viewed as personal weaknesses, or problems to be fixed. We increasingly try to eradicate pain through medication and by insulating ourselves from risk and offence, despite being the safest generation to have ever lived. Yet in his research, renowned social psychologist Brock Bastian has found that suffering and sadness are neither antithetical to happiness nor incidental to it: they are a necessary ingredient for emotional well-being. Drawing on psychology, neuroscience and internationally acclaimed findings from Bastian's own lab, The Other Side of Happiness encourages us to take a more fearless approach to living. The most thrilling moments of our lives are often balanced on a knife edge between pleasure and pain, whether it is finding your true love, holding your new-born for the first time, finishing a marathon or even plunging into an icy sea. This is because pain and the threat of loss quite literally increase our capacity for happiness, as Bastian reveals, making us stronger, more resilient, more connected to other people and more attuned to what truly matters. Pain even makes us more mindful, since in our darkest moments we are especially focused and aware of the world around us. Our addiction to positivity and the pursuit of pleasure is actually making us miserable. Brock Bastian shows that, without some pain, we have no real way to achieve and appreciate the kind of happiness that is true and transcendent.

Before You Know It

"The world's leading expert on the unconscious mind reveals the hidden mental processes that secretly govern every aspect of our behavior. For more than three decades, Dr. John Bargh has been conducting revolutionary research into the unconscious mind--not Freud's dark, malevolent unconscious but the new unconscious, a helpful and powerful part of the mind that we can access and understand through experimental science. Now Dr. Bargh presents an engaging and enlightening tour of the influential psychological forces that are at work as we go about our daily lives--checking a dating app, holding a cup of hot coffee, or getting a flu shot. Dr. Bargh takes you into his labs at New York University and Yale where his ingenious experiments have shown how the unconscious guides our actions, goals and motivations in areas like race relations, parenting, business, consumer behavior, and addiction. He reveals the pervasive influence of the unconscious mind on who we choose to date or vote for, what we buy, where we live, how we perform on tests and in job interviews, and much more. Before You Know It is full of surprising and entertaining revelations as well as tricks to help you remember to-do items, shop smarter, and sleep better. Before You Know It will profoundly change the way you understand yourself by introducing you to a fascinating world only recently discovered, the world that exists below the surface of your awareness and yet is the key to unlocking new ways of thinking, feeling and behaving."--Jacket.

Hardwired: How Our Instincts to Be Healthy are Making Us Sick

For the first time in a thousand years, Americans are experiencing a reversal in lifespan. Despite living in one of the safest and most secure eras in human history, one in five adults suffers from anxiety as does one-third of adolescents. Nearly half of the US population is overweight or obese and one-third of Americans suffer from chronic pain – the highest level in the world. In the United States, fatalities due to prescription pain medications now surpass those of heroin and cocaine combined, and each year 10% of all students on American college campuses contemplate suicide. With the proliferation of social media and the algorithms for social sharing that prey upon our emotional brains, inaccurate or misleading health articles and videos now move faster through social media networks than do reputable ones. This book is about modern health – or lack of it. The authors make two key arguments: that our deteriorating wellness is rapidly becoming a health emergency, and two, that much of these trends are rooted in the way our highly evolved hardwired brains and bodies deal with modern social change. The co-authors: a PhD from the world of social science and an MD from the world of medicine – combine forces to bring this emerging human crisis to light. Densely packed with fascinating facts and little-told stories, the authors weave together real-life cases that describe how our ancient evolutionary drives are propelling us toward ill health and disease. Over the course of seven chapters, the authors unlock the mysteries of our top health vices: why hospitals are more dangerous than warzones, our addiction to sugar, salt, and stress, our emotionally-driven brains, our relentless pursuit of happiness, our sleepless society, our understanding of risk, and finally, how world history can be a valuable tutor. Through these varied themes, the authors illustrate how our social lives are more of a determinant of health outcome than at any other time in our history, and to truly understand our plight, we need to recognize when our decisions and behavior are being directed by our survival-seeking hardwired brains and bodies.

The Getting Things Done Workbook

An accessible, practical, step-by-step how-to guide that supplements Getting Things Done by providing the details, the how-to's, and the practices to apply GTD more fully and easily in daily life. The incredible popularity of Getting Things Done revealed people's need to take control of their own productivity with a system that reduces the stress of staying on top of it all. Around the world hundreds of certified trainers and coaches are engaged full time in teaching the process, supported by a grassroots movement of Meetup groups, LinkedIn groups, Facebook groups, podcasts, blogs and dozens of apps based on it. While Getting Things Done remains the definitive way to gain perspective over work and create the mental space for creativity and mindfulness, The Getting Things Done Workbook enhances the original by providing an accessible guide to the GTD methodology in workbook form. The workbook divides the process into small, manageable segments to allow for easier learning and doing. Each chapter identifies a challenge the reader may be facing--such as being overwhelmed by too many to-do lists, a messy desk, or email overload--and explains the GTD concept to address. The lessons can be learned and implemented in almost any order, and whichever is adopted will provide immediate benefits. This handy instructional manual will give both seasoned GTD users and newcomers alike clear action steps to take to reach a place of sustained efficiency.

The Hope Circuit

One of the most important psychologists alive today tells the story of the transformation of modern psychology through the lens of his own career and change of heart. Martin E. P. Seligman is one of the most decorated and popular psychologists of his generation. When he first encountered the discipline in the 1960s, it was devoted to eliminating misery: the science of how past trauma creates present symptoms. Today, thanks in large part to Seligman's own work pioneering the Positive Psychology movement, it is ever more focused on the bright side; gratitude, resilience, and hope. In this his memoir, Seligman recounts how he learned to study optimism; including a life-changing conversation with his five-year-old daughter. In wise, eloquent prose, Seligman tells the human stories behind some of his major findings. He recounts developing CAVE, an analytical tool that predicts election outcomes (with shocking accuracy) based on the language used in campaign speeches, and the canonical studies that birthed the theory of learned helplessness - which he now reveals was incorrect. And he writes at length for the first time about his own battles with depression at a young age. All the while, Seligman works out his theory of psychology, making a compelling and deeply personal case for the importance of virtues like hope, anticipation, gratitude, and wisdom for our mental health. You will walk away from this book not just educated but deeply enriched.

The Science of Self-Discipline

Your best intentions are not enough. Learn to scientifically engineer a disciplined life, become relentless, and never give up. Whatever you want in your life, self-discipline is the missing piece. Goals will remain dreams if you make the mistake of relying on motivation and your best drawn plans. The Science of Self-Discipline is a deep look into what allows us to resist our worst impulses and simply execute, achieve, produce, and focus. Every principle is scientifically-driven and dissected to as be actionable and helpful as possible. You'll learn how top performers consistently exercise self-discipline, as well as what drives us on an instinctual, psychological level to act. This isn't just a book; it's a roadmap to the human psyche and will allow you to accomplish exactly what you set out to do, every time. When you understand what drives your cravings and the true roots of self-discipline, you'll be able to rise above your temporary discomfort and focus on what really matters. Discover every factor that impacts self-discipline for better or worse. Break free of excuses, distractions, laziness, and temptations. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Beat instant gratification and create limitless motivation. •The biological basis of self-discipline - and why it's beneficial to you. •Discipline tactics for high performers such as Navy SEALs. •Diagnosing what motivates you, what drains you, and what moves you emotionally. •Engineering an environment and social circle that boosts self-discipline. Form productive habits to increase your focus, strengthen your resolve, and stop giving up from boredom or frustration. •Why choosing two marshmallows over one matters. •Four questions for any potential lapse in willpower. •The interplay between habits, motivation, and self-discipline. Self-discipline and willpower will fundamentally change your life.

Social Psychology and Human Nature, Brief

SOCIAL PSYCHOLOGY AND HUMAN NATURE, 4th Edition, offers a remarkably fresh and compelling exploration of the fascinating field of social psychology. Respected researchers, teachers, and authors Roy Baumeister and Brad Bushman give students integrated and accessible insight into the ways that nature, the social environment, and culture interact to influence social behavior. While giving essential insight to the power of situations, the text's contemporary approach also emphasizes the role of human nature -- viewing people as highly complex, exquisitely designed, and variously inclined cultural animals who respond to myriad situations. With strong visual appeal, an engaging writing style, and the best of classic and current research, SOCIAL PSYCHOLOGY AND HUMAN NATURE helps students make sense of the sometimes baffling -- but always interesting -- diversity of human behavior. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The Little Book of Big Change

Little changes can make a big, big difference! In The Little Book of Big Change, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits—once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your habitual thinking as truth, and acting on that thinking in the form of doing your habit—over and over. This book offers a number of small changes you can make in your everyday life that will help you stop your bad habit in its tracks. If you want to understand the science behind your habit, make the decision to end it, and commit to real, lasting change, this book will help you to finally take charge of your life—once and for all.

Meanings of Life

Who among us has not at some point asked, what is the meaning of life?' In this extraordinary book, an eminent social scientist looks at the big picture and explores what empirical studies from diverse fields tell us about the human condition. MEANINGS OF LIFE draws together evidence from psychology, history, anthropology, and sociology, integrating copious research findings into a clear and conclusive discussion of how people attempt to make sense of their lives. In a lively and accessible style, emphasizing facts over theories, Baumeister explores why people desire meaning in their lives,

how these meanings function, what forms they take, and what happens when life loses meaning. It is the most comprehensive examination of the topic to date.

The Oxford Handbook of the Human Essence

Advances in social-psychological theorizing and research suggest that humans can be viewed as biological beings as well as cultural creatures, rational reasoners as well as emotional enigmas, moral minds as well as amoral agents. Edited by Martijn van Zomeren and John F. Dovidio, this handbook expertly articulates both what social psychology can tell us about the human essence, and the astonishing range of perspectives reflected within this field.

Positive Psychology in Coaching

This is both a scholarly, and practical, how-to coaching book that features empirically based and immediately usable applications for executive and personal coaches. It is a logical companion manual to the Auerbach coaching book, *Personal and Executive Coaching*. The research summaries from key positive psychology founders and experts support the coaching applications. Author examples and the contributors' cases of positive psychology coaching are interspersed throughout the chapters as sidebars. Useful forms and tools are included in the appendix. This new volume is an excellent resource for the new or experienced coach and particularly engaging as a textbook for positive psychology and coaching courses.

Social Psychology and Human Sexuality

Presents a selected group of influential articles dealing specifically with the social aspects of sexuality, topics covered include differences between male and female sexuality, virginity, harassment, rape and coercion and jealousy.

Neverworld Wake

A compulsive, read-in-one-sitting suspense novel: page-turning, perfectly paced with a trust-no-one cast of characters and a high stakes death-cheating dilemma. Five friends. Only one can survive the *Neverworld Wake*. Who would you choose?

Beyond Willpower

A new book from the bestselling author of *The Healing Code* about how to go from stress to success in 40 days. The revolutionary new science of Practical Spirituality designed to replace stress with well being and success, quickly and for the long term. Did you know that most self-help programmes have a 97% failure rate? The truth is that the standard self-help mantra of tapping into your willpower and using the power of positive thinking is actually a blueprint for failure. In *Beyond Willpower*, bestselling author and psychological counsellor Alex Loyd, reveals the definitive step-by-step programme to help you finally achieve the life you want and the success you deserve. Science has proven that stress is the primary source of virtually any problem - physical, spiritual, emotional, and even circumstantial. Loyd believes that we need to understand how love works in our bodies to combat stress. By harnessing love's power and learning to love in the present moment, you can define your life goals and live mindfully in a state of peace. *Beyond Willpower* offers a revolutionary 40-day holistic guide based on more than 25 years of clinical experience and rooted in science, ancient wisdom, and proven therapeutic techniques to remove personal obstacles that sabotage success. Using the programme you will define your goal, be it wealth, career satisfactions, healing of health issues, or resolution of relationship problems and follow the step-by step process for achieving this goal quickly and for the long term.

The Kinship of Secrets

"From the author of *The Calligrapher's Daughter* comes the riveting story of two sisters, one raised in the United States, the other in South Korea, and the family that bound them together even as the Korean War kept them apart"--

The Big Leap

"Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage.

Now, he shows us how to do it for ourselves.” — Mark Victor Hansen, co-author of *Cracking the Millionaire Code* In *The Big Leap*, Gay Hendricks, the New York Times bestselling author of *Five Wishes*, demonstrates how to eliminate the barriers to success by overcoming false fears and beliefs. Fans of Wayne Dyer, Eckhart Tolle, Marianne Williamson, and *The Secret* will find useful, effective tips for breaking down the walls to a better life in *The Big Leap*.

Losing Control

Self-regulation refers to the self's ability to control its own thoughts, emotions, and actions. Through self-regulation, we consciously control how much we eat, whether we give in to impulse, task performance, obsessive thoughts, and even the extent to which we allow ourselves recognition of our emotions. This work provides a synthesis and overview of recent and long-standing research findings of what is known of the successes and failures of self-regulation. People the world over suffer from the inability to control their finances, their weight, their emotions, their craving for drugs, their sexual impulses, and more. The United States in particular is regarded by some observers as a society addicted to addiction. Therapy and support groups have proliferated not only for alcoholics and drug abusers but for all kinds of impulse control, from gambling to eating chocolate. Common to all of these disorders is a failure of self-regulation, otherwise known as "self-control." The consequences of these self-control problems go beyond individuals to affect family members and society at large. In *Losing Control*, the authors provide a single reference source with comprehensive information on general patterns of self-regulation failure across contexts, research findings on specific self-control disorders, and commentary on the clinical and social aspects of self-regulation failure. Self-control is discussed in relation to what the "self" is, and the cognitive, motivational, and emotional factors that impinge on one's ability to control one's "self." Discusses the importance of the concept of self-regulation to general issues of autonomy and identity Encompasses self-control of thoughts, feelings, and actions Contains a special section on the control of impulses and appetites First book to integrate recent research into a broad overview of the area

Authentic Christianity

Ray Stedman's passion encourages you to be an authentic Christian—to move you beyond religion, doctrines, rules, and rituals—and into the life-changing experience of being genuinely and intimately connected with Christ. *Authentic Christianity* takes a look at 2 Corinthians to show you how to live a life of faith with integrity and regain the purpose, simplicity, and inspiration of genuine faith—the kind of life that compels others to seek its Source.