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She is the author of the international bestseller *The Willpower Instinct*, *The Joy of Movement*, *The Upside of Stress*, and *Yoga for Pain Relief*. Her work is published in thirty languages. Since 2000, she has taught dance, yoga, and group exercise in the San Francisco Bay Area. In her free time, she volunteers as an adoption counselor for animal ...

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"The Willpower Instinct..." by Dr Kelly McGonigal is a must read. It is probably the best self-help book I have read. As a self-employed person for going on 30 years sometimes the 'spirit is willing, but the flesh is weak.' Thus, the Willpower to press ahead... when a bit too much life is going on etc etc and so forth - is a big deal.

Amazon.com: Customer reviews: The Willpower Instinct: How ...

The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It by Kelly McGonigal | Dec 31, 2013 4.6 out of 5 stars 1,008

Amazon.com: willpower

The Willpower Instinct introduces the latest insights into willpower from different scientific fields, such as psychology, neuroscience, economics and medicine. While considering the limits of self-control, it also gives practical advice on how we can overcome bad habits, avoid procrastination, stay focused and become more resilient to stress.

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