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on Willpower, Baumeister serves up a rather dry affair, where he spends most of his time highlighting all the studies that he and his many grad students have done. It's pretty academic and sparse in terms of actionable knowledge which is easily accessible. Finished it barely and felt

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researcher Roy Baumeister

collaborates with renowned New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control.. In what became one of the most cited papers in social science literature, Roy discovered that

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McGonigal's book on Willpower, Baumeister serves up a rather dry affair, where he spends most of his time highlighting all the studies that he and his many grad students have done. It's pretty academic and sparse in terms of actionable knowledge which is easily accessible.

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Willpower: Rediscovering the Greatest Human Strength by Roy F. Baumeister and John Tierney "Willpower" is a mildly helpful book on how to harness willpower to make positive changes to ourselves and our society. According to social psychologist Roy F. Baumeister and in collaboration with

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Roy Baumeister is the Michael Jordan

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of Willpower research. He is the man who coined the term ego depletion, which most willpower researchers draw on today, when they talk about a lack of it. Over the past decades, he built a massive catalogue of studies and research on willpower, following the original Marshmallow experiment

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Homo Prospectus (2016). The Power of Bad, co-written with John Tierney, (2019). Books edited. Public Self and Private Self (1986). Self-Esteem: The Puzzle of Low Self-Regard (1993). The Self in Social Psychology (1999). Social Psychology and Human Sexuality (2001). With George ...

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enjoyable book, and fascinating for what it says about us as human beings. The most fascinating point is this. Willpower, self-control, free-will, whatever you would like to call it, is a relative capacity, and it is more or less controlled by certain features of our physiology, and it is particularly tied to

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York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control.

Willpower by Roy F. Baumeister, John Tierney ...

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think about the self, and why we feel and act the way we do. He is especially known for his work on the subjects of willpower, self-control, and self-esteem, and how they relate to human morality and success.

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Psychologist

"Willpower (the thing) lies at the curious intersection of science and behavior. Willpower (the book) lies at the intersection of Roy Baumeister, an extraordinarily creative scientist, and John Tierney, a phenomenally

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Willpower: Rediscovering the Greatest Human Strength ...

The psychologist Roy F. Baumeister

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has shown that the force metaphor has a kernel of neurobiological reality. In *Willpower*, he has teamed up with the irreverent New York Times science columnist John Tierney to explain this ingenious research and show how it can enhance our lives. . . . *Willpower* is an immensely rewarding book, filled

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