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book on how to harness willpower
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According to social psychologist Roy F. Baumeister and in collaboration with journalist John Tierney, the current research into willpower and self-control is psychology's best hope for contributing to human welfare.

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revolutionize our understanding
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On average, when they tried to
resist a desire with willpower,

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they succeeded about half the
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Human Strength. Roy F. Baumeister's book *Willpower: Rediscovering the Greatest Human Strength* explains why our willpower is weak. However, what is willpower and how do we build it up for the times we need it. That's the subject and goal of the book *Willpower: Rediscovering the Greatest Human Strength*.

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describe their lack of willpower
from the perspective of eating
more than we should.

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what Baumeister calls the biggest human strength, Willpower is the book to read. The Willpower Instinct is a great follow-up.. This covers the basics of what willpower is, how it works and of course what you can do to improve and how to handle

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yourself when it fails you (which it
will).

~~Willpower Summary Four Minute
Books~~

While self-control is biologically
rooted, we have the capacity to
manipulate our nature. Willpower

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works like a muscle that can be strengthened with practice, and fatigued with overuse. Combining the best of modern social science with practical wisdom, Baumeister and Tierney revolutionize our understanding of self-control.

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Willpower: Rediscovering the
Greatest Human Strength is a
book about self-control, co-
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In Willpower, the pioneering researcher Roy F. Baumeister collaborates with renowned New York Times science writer John Tierney to revolutionize our understanding of the most

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~~Willpower (□□)~~

The power to resist temptation — to pass up dessert, to endure an unpleasant experience, to defer satisfaction — is our "greatest

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human strength," argue
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