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vigorous short-term use. Aug 28, 2012 · 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. Willpower: Rediscovering the Greatest Human Strength is a book about self-control, co-authored by Roy Baumeister, professor of psychology at Florida State University, and New York Times journalist John ... Since Baumeister's experiments first demonstrated the existence of willpower, it has become one of the most intensively studied topics in social science (and those experiments now rank among the most ... Aug 28, 2012 · An astonishingly good - and accessible - inquiry into one of the more elusive areas of human psychology: why we go on thwarting ourselves when we really know better. On top of that, ...

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