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### **[PDF] Willpower: Rediscovering the Greatest Human Strength ...**

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 Tierney. The book outlines Baumeister's research on ego depletion, surveys why people do not have effective self-control and outlines techniques for improving one's self-control.

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## **Willpower: Rediscovering the Greatest Human Strength**

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Willpower Review. If you want to start learning about the habit or 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 yourself when it fails you (which it will).

## **Willpower Summary - Four Minute Books**

Revered by the Victorians, willpower is staging a comeback: It's the topic of several new books, most recently Willpower: Rediscovering the Greatest Human Strength by psychologist Roy F. Baumeister and New York Times science writer John Tierney.. According to Willpower's co-authors, Americans jettisoned this bedrock virtue in their post-WWII rush toward instant gratification.

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Willpower is an immensely rewarding book, filled with ingenious research, wise advice and insightful reflections on the human condition.”—Steven Pinker, The New York Times Book Review

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