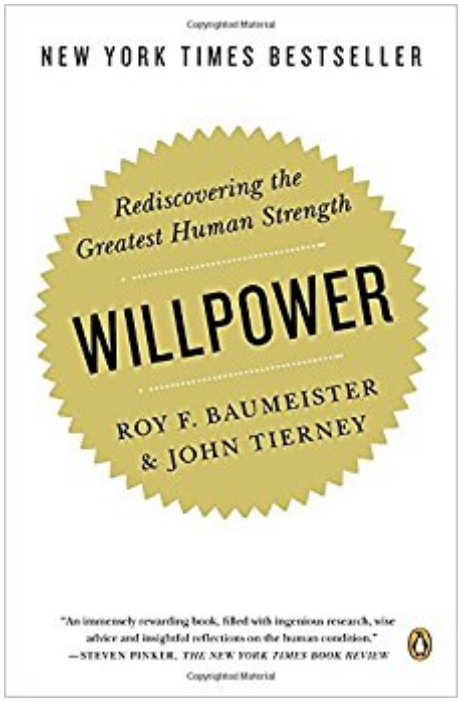
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Willpower: Rediscovering The Greatest Human Strength



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Synopsis

One of the world’s most esteemed and influential psychologists, Roy F. Baumeister, teams withÃ Â New York TimesÃ Â science writer John Tierney to reveal the secrets of self-control and how to master it.Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. 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. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seekÃ¢â ¬â •from happiness to good health to financial securityÃ¢â ¬â •we wonÃ¢â ¬â„¢t reach our goals without first learning to harness self-control.

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Customer Reviews

"The psychologist Roy F. Baumeister has shown that the force metaphor has a kernel of neurobiological reality. InÃ Â Willpower, he has teamed up with the irreverentÃ Â New York Timesscience columnist John Tierney to explain this ingenious research and show how it can enhance our lives. . . .Ã Â WillpowerÃ Â is an immensely rewarding book, filled with ingenious research, wise advice and insightful reflections on the human condition."Ã¢â ¬â •Steven Pinker,Ã Â The New York Times Book Review"An accessible, empirically grounded guide to willpower and how best to deploy it to overcome temptation."Ã¢â ¬â •The Wall Street

Journal"WillpowerÃ Â is sure to inspire further groundbreaking research into the mechanics of willpower. One implication is already apparent. Since repeated behaviors eventually turn into habits, improving willpower long term requires a unique strategy-a habit of changing habits, of continually expanding our zones of comfort. One such practice, it seems, is the 'routine' of learning. That's a habit that this brilliant book will certainly nourish."Ã¢â ¬â •The Daily Beast"Baumeister and Tierney use their appealingly upbeat voice to explain the intricate call-and-response between the failure of self-control and its problematical results."Ã¢â ¬â •Kirkus Reviews"Willpower affects almost every aspect of our lives. From procrastination, to saving for retirement to exercising, Tierney and Baumeister have given us a wonderful book in which they not only share fascinating research on the subject but also provide simple tricks to help us tap into this important quality."Ã¢â ¬â •Dan Ariely, Duke University, author ofÃ Â Predictably Irrational"WillpowerÃ Â is sinfully delicious - once you start reading, you won't be able to stop. A fascinating account of the exciting new science of self-control, told by the scientist who made it happen and the journalist who made it news."Ã¢â ¬â •Daniel Gilbert, Harvard University, author ofÃ Â Stumbling on Happiness"Who knew that a book about such a daunting topic could be as wonderfully entertaining as it is enlightening! Tierney and Baumeister have produced a highly intelligent work full of fascinating information (and great advice) about a core element of modern living. Bravo."Ã¢â ¬â •David Allen, author ofÃ Â Getting Things DoneÃ Â andÃ Â Making It Work"Willpower (the thing) lies at the curious intersection of science and behavior.Ã Â WillpowerÃ Â (the book) lies at the intersection of Roy Baumeister, an extraordinarily creative scientist, and John Tierney, a phenomenally perceptive journalist. Ignore it at your peril."Ã¢â ¬â •Stephen J. Dubner, coauthor ofÃ Â FreakonomicsÃ Â andÃ Â Superfreakonomics"Will, willpower, and mental energy have been shunned by modern psychology. Roy Baumeister, the most distinguished experimental social psychologist in the world, and John Tierney, a renowned journalist, have teamed up to put Will back into its rightful center stage place. This little masterpiece is a must read for all of us who want to exercise, diet, manage our time, be thrifty, and resist temptation."Ã¢â ¬â •Martin Seligman, former president of American Psychological Association"This is a manual from heaven for anyone who has ever wanted to lose weight, stop smoking, drink less, work more efficiently and more intelligently. 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, Willpower is a vastly entertaining book, full of fascinating stories about the complexities of our evolutionarily-wired brains. A brilliant accomplishment, at every level."Ã¢â ¬â •Christopher Buckley, author ofÃ Â Thank You for Smoking"Deep and provocative analysis of people's battle with

temptation and masterful insights into understanding willpower: why we have it, why we don’t, and how to build it. A terrific read."Ã¢â ¬â •Ravi Dhar, Yale School of Management, Director of Center for Customer Insights

ROYÃ Â F. BAUMEISTER directs the social psychology program at Florida State University. He has written more than 450 scientific publications and consistently ranks among the worldÃ¢â ¬â„¢s most frequently cited psychologists.Ã Â JOHNÃ Â TIERNEY writes the Ã¢â ¬Å“FindingsÃ¢â ¬Â• science column for the New York Times. His writing has won awards from the American Association for the Advancement of Science and the American Institute of Physics. This is his third book.

The authors summarize a lot of psychological research on willpower and self-control. There is a lot of discussion of statistical significance without as much discussion of the magnitudes of the effects as I would like to see, but this is a useful and credible explanation of the science of willpower for non-experts and non-specialists. Reading it is also a great way to avoid working on other things. :)There’s an important takeaway I’ve been considering in other contexts: willpower is limited at any point in time, and every decision we make comes with a willpower price. It would probably be useful, after reading the book, to list things that can be automated and that won’t require decision-making capacity. I’m going to experiment with decision rules related to food and clothes: same things as often as is practical.

Very much enjoyed this book. I’d read a fairly number of articles and books on willpower and was familiar with the muscle model and surrounding details. This book covered willpower in far more depth and breadth than I assumed possible in a book targeting non-research audiences. Everything from pre-Victorian, to Victorian to the self-esteem movement to the latest research. It did a fantastic job explaining the results and implications for each period up to and including modern research results.The structure of the book was well done. I never felt like I was repeating information learned earlier; nor did I feel like they’d assumed knowledge and jumped ahead.The end of the book had a nice review/summary of the key points which was nice, given said breadth covered.I’m not usually one to re-read a book. This is one of the exceptions, however. Definitely worth the time/money if you’re looking to improve or understand willpower.

This book gave me some great insights into willpower. It makes sense that we don’t have an unlimited supply and that our willpower can be drained. It’s probably one of the best non-fiction

books I've read in the last decade - by best, I mean, most meaningful and having the most impact on me.

Don't let the title fool you. This is not a book about willpower in the sense of "the power of positive thinking" but a review of how humans control urges and stifle desires, or not. The authors Baumeister and Tierney present the latest research on facets of human self-control. Some of the findings will surprise you--at least they did me, as they often did the scholars who originally performed the studies. One of the most novel findings is announced early and it is this--we only have so much self-control to use in a day and as we deplete it our ability to control our urges and tendencies weakens. We must then eat, sleep, and/or, possibly, exercise to restore it.I am a regular reader of works of popular science--physics, biology, psychology, etc. The writers' prose is accessible; I would judge an above average twelve-year-old wouldn't have any problem reading it. Those in later adolescence should probably read it to understand urges better and, maybe, as a result, find them easier to control. The authors explain their points well. Don't expect the analogies and metaphors that some writers use so eloquently to explain their subjects, but, then, the subject here is pretty easy to grasp anyway once the studies' hypotheses and results are explained--not the complexities of physics or micro-biology, for example.My criticisms of this book are these: The authors sometimes seem to forget that there are females reading their work. It seems to me that they sometimes speak to females as if they are a subset of their audience that is mainly male. In one topical entry, readers are asked to imagine a scenario in which they have a choice of selecting A, B, C, D, and their corresponding choices are all female prostitutes vividly described with whom they should expect to have a sexual liaison. I was offended, and not because of the sexy descriptions, but because of the presumption. Why the authors set up the entry in this fashion I can only imagine. Where were their editors on this one!!Another criticism is with their use of case studies to demonstrate their points, such as the use of the case of Eric Clapton to discuss the new research in self-control with regard to alcoholism, Oprah Winfrey in the case of dieting, and others. I thought these discussions lingered too long on the personalities at the expense of the topics, but, on the other hand, many readers will be pleased to read about celebrities' personal lives. They are the "pop" in this popular science read.In the main, I found the research discussed in the book fascinating.

This book is so much more than what it's title may imply. It explains so very much about who we are, how to protect our moral character, etc., and it's so very readable. I wish it was required

reading, in all honesty. WOW. Truly; WOW.

This was an excellent book with practical advice you can implement immediately to start becoming a better person and improve your life. The authors present a strong case for why the topic is important, and do a wonderful job engaging the reader in it. Highly recommend.

Filled with research, quirky ways of the mind, and anecdotes from names you'd recognize, Baumeister teaches what willpower does, what it doesn't do, and what can build it up. I got interested in Baumeister after reading an article on ego depletion at youarenotsmart, and have read his articles which critique the relationship between self esteem and success as more than correlational and which discuss the difference between meaning and happiness. He's done brilliant research. You'll may never look at m+m's the same way.

Good read. Helps be introspective and see ways to overcoming roadblocks in accomplishing goals. Cited clinical studies, so it's not just someone's opinions.

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Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your Willpower to Reach Life Goals Slim by Suggestion: 10 Easy Steps to Weight Loss Without Willpower! Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health Self-Disciplined Dieter: How to Lose Weight and Become Healthy Despite Cravings and Weak Willpower The Little Book of Big Change: The No-Willpower Approach to Breaking Any Habit The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion

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