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The Willpower Instinct Kelly McGonigal. This is a great little book about willpower, how it works and how to develop it.

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BOOKS Kelly McGonigal

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Week Two: The Willpower Instinct: Your Body Was Born to Resist Cheesecake Introduction Imagine you are walking past a delicious cheesecake (or substitute whatever your poison of choice is)

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The Willpower Instinct Quotes by Kelly McGonigal

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