# YouTube Video Summary

**Title: How to Build Willpower | David Goggins & Dr. Andrew Huberman**

**Channel: Huberman Lab Clips**

**Duration: 13:14**


## *Summary*

**Summary of "How to Build Willpower | David Goggins & Dr. Andrew Huberman"**

**Introduction to Willpower and Neuroscience**

- The video features David Goggins and Dr. Andrew Huberman discussing the neuroscience behind willpower.

- A key focus is on the anterior midcingulate cortex, a brain area linked to willpower and perseverance.

**Role of the Anterior Midcingulate Cortex**

- This brain region expands when individuals engage in activities they don't want to do but choose to undertake anyway.

- It is notably smaller in obese individuals and grows when they begin dieting.

- It is larger in athletes and those who successfully overcome challenges.

- Maintaining its size is associated with longevity and vitality, leading to it being considered vital for the "will to live."

**Mechanism of Willpower Development**

- The anterior midcingulate cortex can be developed by consistently performing tasks that are difficult or undesirable.

- It is crucial to continually engage in challenging activities, as lack of practice leads to its shrinkage.

**Experiential Insights**

- Goggins resonates with the neuroscience findings, aligning them with his life philosophy.

- Huberman highlights the dynamic nature of willpower development akin to addiction treatment, requiring daily renewal and effort.

**Conclusion and Key Takeaways**

- Building willpower involves consciously undertaking tasks that are challenging and not immediately gratifying.

- Consistent practice and embracing discomfort are essential for strengthening the will.

- The conversation underscores the significant link between neuroscience and behavioral practices in cultivating resilience and endurance.