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The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do To Get More of It by Kelly McGonigal Avery | 2011 | ISBN: 1583334386 | English | 272 pages | EPUB Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," The Willpower Instinct is the first book to explain the new science of self-control and how it can be harnessed to improve our health, happiness, and productivity.

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