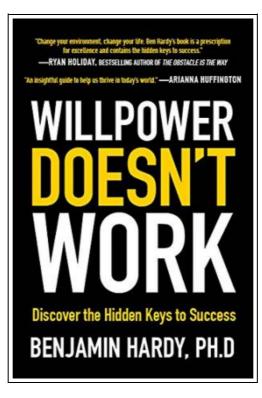
Willpower Doesn t Work: Discover the Hidden Keys to Success (Paperback)



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Reviews

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding. *(Ida Herman)*

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WILLPOWER DOESN T WORK: DISCOVER THE HIDDEN KEYS TO SUCCESS (PAPERBACK)



Little, Brown Book Group, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Benjamin Hardy is one of the leading voices on well-being and productivity. Willpower Doesn t Work is an insightful guide to help us thrive in today s world. -- Arianna Huffington If you only read one book in 2018, make it this one . . . -- Inc.If you re relying on willpower alone to help you lose weight, improve your relationships or achieve more at work, you re doomed to fail. The environment around us is far too powerful, stimulating, addicting and stressful to overcome it through sheer determination. Willpower, grit, being positive - basically, all the tools you ve been told are the keys to creating lasting change in your life - are insufficient in this high-paced, information-overloaded world we live in. The only way to stop just surviving and learn to truly thrive in today s world is to proactively shape your environment. That s the premise of Willpower Doesn t Work, by organizational psychologist and Medium s most-read self-help guru Benjamin Hardy. Building on copious existing research, as well as his own experience of growing up in a broken family afflicted by addiction and drug use, Hardy explains how people can change their lives on every level by making small, impactful changes in their environment like:* Creating enriched environments - using tougher challenges and self-imposed deadlines to force yourself to rise to the occasion.* Growing into your goals - using radical personal accountability to keep yourself on target and on track.* Becoming the teacher - stepping into a leadership role (even before you think you re ready) to accelerate your skills.* Rotating your environments - getting out of your rut by literally changing your physical surroundings throughout the day or...

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