

Willpower Rediscovering The Greatest Human Strength

Unlock your children's potential by helping them build their strengths. This game-changing book shows us the extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses. Most parents struggle with this shift because they suffer from a negativity bias, thanks to evolutionary development, giving them "strengths-blindness." By showing us how to throw the "strengths switch," Lea Waters demonstrates how we can not only help our children build resilience, optimism, and achievement but we can also help inoculate them against today's pandemic of depression and anxiety. As a strengths-based scientist for more than twenty years, ten of them spent focusing on strengths-based parenting, Waters has seen how this approach enhances self-esteem and energy in both children and teenagers. Yet more on the plus side: parents find it a particularly exciting and rewarding way to raise children. With many suggestions for specific ways to interact with your kids, Waters demonstrates how to discover strengths and talents in our children, how to use positive emotions as a resource, how to build strong brains, and even how to deal with problem behaviors and talk about difficult situations and emotions. As revolutionary yet simple as Mindset and Grit, *The Strength Switch* will show parents how a small shift can yield enormous results.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover that developing your willpower allows you to have a more satisfying life and encourages the fulfillment of your projects. You will also discover that : willpower is not an abstract notion: the anterior cingulate cortex is the part of the brain involved in self-control. By dint of using willpower to restrain emotions, impulses, thoughts, the brain slows down. It thus becomes more difficult to control oneself; everyone has a limited reservoir of willpower; the will is carburized by glucose; in order to achieve one's goals, it is necessary to be satisfied with only one project to carry out. In fact, aiming at various objectives is ineffective ; to possess self-control is to have the capacity to overcome one's individualism: to know how to turn away from oneself improves the will; sharing your goals with others is an incentive, especially if they have the opportunity to check on your progress. The will allows you to replace automatisms by more adequate responses to requests. Learning to improve your self-control ensures that you are protected from desires that hinder success. This means, for example, stopping the exhaustion of fighting against the urge to consume sweets all the time or to watch TV rather than work. It is possible to become more satisfied by practicing self-control. Self-control offers many benefits and provides emotional stability for a happier life. *Buy now the summary of this book for the modest price of a cup of coffee!

Is true greatness obtainable from everyday means and everyday genes? Conventional wisdom says no, that a lucky few are simply born with certain gifts. The new science of human potential suggests otherwise. Forget everything you think you know about genes, talent, and intelligence, and take a look at the amazing new evidence. Here, interweaving cutting-edge research from numerous scientific fields, David Shenk offers a new view of human potential, giving readers more of a sense of ownership over their accomplishments, and freeing parents from the bonds of genetic determinism. As Shenk points out, our genes are not a "blueprint" that dictate individual destinies.

Rather we are all the product of interplay between genes and outside stimuli—a dynamic that we can influence. It is a revolutionary and life-changing message.

Can you resist everything except temptation? In a hedonistic age full of distractions, it's hard to possess willpower - or in fact even understand why we should need it. Yet it's actually the most important factor in achieving success and a happy life, shown to be more significant than money, looks, background or intelligence. This book reveals the secrets of self-control. For years the old-fashioned, even Victorian, value of willpower has been disparaged by psychologists who argued that we're largely driven by unconscious forces beyond our control. Here Roy Baumeister, one of the world's most esteemed and influential psychologists, and journalist John Tierney, turn this notion on its head. They show us that willpower is like a muscle that can be strengthened with practice. The latest laboratory work reveals that self-control has a physical basis and so is dramatically affected by simple things such as eating and sleeping - to the extent that a life-changing decision may go in different directions depending on whether it's made before or after lunch. You will discover how babies can be taught willpower, the joys of the to-don't list, the success of Alcoholics Anonymous, the pointlessness of diets and the secrets to David Blaine's stunts. There are also fascinating personal stories, from explorers, students, soldiers, ex-addicts and parents. Based on years of psychological research and filled with practical advice, this book will teach you how to gain from self-control without pain, and discover the very real power in willpower. The results are nothing short of life-changing.

Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. For the past six years, Schwartz has worked with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want-to make your brain work for you- is to consciously choose to "starve" these circuits of focused attention, thereby decreasing their influence and strength. As evidenced by the huge success of Schwartz's previous books, as well as Daniel Amen's *Change Your Brain, Change Your Life*, and Norman Doidge's *The Brain That Changes Itself*, there is a large audience interested in harnessing the brain's untapped potential, yearning for a step-by-step, scientifically grounded and clinically proven approach. In fact, readers of *Brain Lock* wrote to the authors in record numbers asking for such a book. In *You Are Not Your Brain*, Schwartz and Gladding carefully outline their program, showing readers how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

Have men really been engaged in a centuries-old conspiracy to exploit and oppress women? Have the essential differences between men and women really been erased? Have men now become unnecessary? Are they good for anything at all? In *Is There*

Anything Good About Men?, Roy Baumeister offers provocative answers to these and many other questions about the current state of manhood in America. Baumeister argues that relations between men and women are now and have always been more cooperative than antagonistic, that men and women are different in basic ways, and that successful cultures capitalize on these differences to outperform rival cultures. Amongst our ancestors---as with many other species--only the alpha males were able to reproduce, leading them to take more risks and to exhibit more aggressive and protective behaviors than women, whose evolutionary strategies required a different set of behaviors. Whereas women favor and excel at one-to-one intimate relationships, men compete with one another and build larger organizations and social networks from which culture grows. But cultures in turn exploit men by insisting that their role is to achieve and produce, to provide for others, and if necessary to sacrifice themselves. Baumeister shows that while men have greatly benefited from the culture they have created, they have also suffered because of it. Men may dominate the upper echelons of business and politics, but far more men than women die in work-related accidents, are incarcerated, or are killed in battle--facts nearly always left out of current gender debates. Engagingly written, brilliantly argued, and based on evidence from a wide range of disciplines, *Is There Anything Good About Men?* offers a new and far more balanced view of gender relations.

"The most important book at the borderland of psychology and politics that I have ever read."—Martin E. P. Seligman, Zellerbach Family Professor of Psychology at that University of Pennsylvania and author of *Learned Optimism* Why are we devastated by a word of criticism even when it's mixed with lavish praise? Because our brains are wired to focus on the bad. This negativity effect explains things great and small: why countries blunder into disastrous wars, why couples divorce, why people flub job interviews, how schools fail students, why football coaches stupidly punt on fourth down. All day long, the power of bad governs people's moods, drives marketing campaigns, and dominates news and politics. Eminent social scientist Roy F. Baumeister stumbled unexpectedly upon this fundamental aspect of human nature. To find out why financial losses mattered more to people than financial gains, Baumeister looked for situations in which good events made a bigger impact than bad ones. But his team couldn't find any. Their research showed that bad is relentlessly stronger than good, and their paper has become one of the most-cited in the scientific literature. Our brain's negativity bias makes evolutionary sense because it kept our ancestors alert to fatal dangers, but it distorts our perspective in today's media environment. The steady barrage of bad news and crisismongering makes us feel helpless and leaves us needlessly fearful and angry. We ignore our many blessings, preferring to heed—and vote for—the voices telling us the world is going to hell. But once we recognize our negativity bias, the rational brain can overcome the power of bad when it's harmful and employ that power when it's beneficial. In fact, bad breaks and bad feelings create the most powerful incentives to become smarter and stronger. Properly understood, bad can be put to perfectly good use. As noted science journalist John Tierney and Baumeister show in this wide-ranging book, we can adopt proven strategies to avoid the pitfalls that doom relationships, careers, businesses, and nations. Instead of despairing at what's wrong in your life and in the world, you can see how much is going right—and how to make it still better.

Why is there evil, and what can scientific research tell us about the origins and persistence of evil behavior? Considering evil from the unusual perspective of the perpetrator, Baumeister asks, How do ordinary people find themselves beating their wives? Murdering rival gang members? Torturing political prisoners? Betraying their colleagues to the secret police? Why do cycles of revenge so often escalate? Baumeister casts new light on these issues as he examines the gap between the victim's viewpoint and that of the perpetrator, and also the roots of evil behavior, from egotism and revenge to idealism and sadism. A fascinating study of one of humankind's oldest problems, Evil has profound implications for the way we conduct our lives and govern our society.

The epic story and ultimate big history of how human society evolved from intimate chimp communities into the sprawling civilizations of a world-dominating species. If a chimpanzee ventures into the territory of a different group, it will almost certainly be killed. But a New Yorker can fly to Los Angeles--or Borneo--with very little fear. Psychologists have done little to explain this: for years, they have held that our biology puts a hard upper limit--about 150 people--on the size of our social groups. But human societies are in fact vastly larger. How do we manage--by and large--to get along with each other? In this paradigm-shattering book, biologist Mark W. Moffett draws on findings in psychology, sociology and anthropology to explain the social adaptations that bind societies. He explores how the tension between identity and anonymity defines how societies develop, function, and fail. Surpassing Guns, Germs, and Steel and Sapiens, The Human Swarm reveals how mankind created sprawling civilizations of unrivaled complexity--and what it will take to sustain them.

getAbstract Summary: Get the key points from this book in less than 10 minutes. People with the best intentions often fall short of their self-improvement goals. Social psychologist Roy F. Baumeister collaborating with New York Times writer John Tierney explain why, and give you some tools to work with as they share the results of years of study of human self-control. Their presentation is too academic for a self-help guide to correcting bad habits, since it cites study after study, but it is a very interesting background. getAbstract recommends this information-heavy look at why just saying no doesn't work - and what you can do instead. Book Publisher: Penguin Group (USA)

'Thought-provoking and practical ... Good advice based on sound neuroscientific principles' Sunday Times In The Organized Mind, New York Times and Sunday Times bestselling author and neuroscientist Daniel Levitin offers solutions for the problems of information overload.

Overwhelmed by demands on your time? Baffled by the sheer volume of data? You're not alone. Even the smartest mind can't beat the organized mind - when we're unable to make sense of it all, our creativity plummets, our decision making suffers and we grow absent-minded. Nowadays, we drown under emails, forever juggle six tasks at once and try to make complex decisions ever more quickly.

This is information overload. Using a combination of academic research and examples from daily life, Daniel Levitin explains how to take back control of your life, from healthcare to online dating to raising kids, showing that the secret to success is always organization. You'll discover life-changing facts about: - How to make the most of your brain's daily processing limit - Why pressing Send or clicking Like are addictive - Why daydreaming is your brain at its most productive - What the most successful people keep in their drawer - Why multitasking is a bad way to do nearly everything In a world where information is power, *The Organized Mind* holds the key to harnessing that information and making it work for you.

Willpower: Rediscovering the Greatest Human Strength Penguin

Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.

One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "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." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights 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 seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

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 science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn:

- Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep.
- Willpower is not an unlimited resource. Too much self-control can actually be bad for your health.
- Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower
- Guilt and shame over your setbacks lead to giving in

again, but self-forgiveness and self-compassion boost self-control. • Giving up control is sometimes the only way to gain self-control. • Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Have you ever wished you could reprogram your brain, just as a hacker would a computer? In this 3-step guide to improving your mental habits, learn to take charge of your mind and banish negative thoughts, habits, and anxiety in just twenty-one days. A seasoned author, comedian, and entrepreneur, Sir John Hargrave once suffered from unhealthy addictions, anxiety, and poor mental health. After cracking the code to unlocking his mind's full and balanced potential, his entire life changed for the better. In *Mind Hacking*, Hargrave reveals the formula that allowed him to overcome negativity and eliminate mental problems at their core. Through a 21-day, 3-step training program, this book lays out a simple yet comprehensive approach to help you rewire your brain and achieve healthier thought patterns for a better quality of life.

Self-regulation refers to the self's ability to control its own thoughts, emotions, and actions. Through self-regulation, we consciously control how much we eat, whether we give in to impulse, task performance, obsessive thoughts, and even the extent to which we allow ourselves recognition of our emotions. This work provides a synthesis and overview of recent and long-standing research findings of what is known of the successes and failures of self-regulation. People the world over suffer from the inability to control their finances, their weight, their emotions, their craving for drugs, their sexual impulses, and more. The United States in particular is regarded by some observers as a society addicted to addiction. Therapy and support groups have proliferated not only for alcoholics and drug abusers but for all kinds of impulse control, from gambling to eating chocolate. Common to all of these disorders is a failure of self-regulation, otherwise known as "self-control." The consequences of these self-control problems go beyond individuals to affect family members and society at large. In *Losing Control*, the authors provide a single reference source with comprehensive information on general patterns of self-regulation failure across contexts, research findings on specific self-control disorders, and commentary on the clinical and social aspects of self-regulation failure. Self-control is discussed in relation to what the "self" is, and the cognitive, motivational, and emotional factors that impinge on one's ability to control one's "self." Discusses the importance of the concept of self-regulation to general issues of autonomy and identity Encompasses self-control of thoughts, feelings, and actions Contains a special section on the control of impulses and appetites First book to integrate recent research into a broad overview of the area *Learning Begins*, written by a teacher for teachers, translates current brain research into practical classroom strategies. Because students learn with their brains, it simply makes sense for teachers to explore educational psychology and neuroscience. And yet, information in these fields can be daunting and contradictory. Worse still, few researchers can clearly explain the specific classroom uses of their remarkable discoveries. *Learning Begins* both explains this research and makes it useful for teachers and administrators. Part I investigates the science of working memory: a cognitive capacity essential to all school work. When teachers recognize the many classroom perils that can overwhelm working memory, they can use research-

aligned strategies to protect it, and thereby promote student learning. Part II reveals the complexities of student attention. By understanding the three neural sub-processes that create attention, teachers can structure their classrooms and their lessons to help students focus on and understand new material. Written in a lively and approachable voice, based on years of classroom experience and a decade of scientific study, *Learning Begins* makes educational psychology and neuroscience clear and useful in schools and classrooms.

In the World Library of Psychologists series, international experts present career-long collections of what they judge to be their finest pieces—extracts from books, key articles, salient research findings, and their major practical theoretical contributions. In this volume, Roy F. Baumeister reflects on his distinguished career as an eminent scholar in the field of self-control and self-regulation, as well as belonging, rejection, free will, and consciousness. Offering a unique perspective on both the program of research in ego-depletion as one of social psychology's most widely successful theories, and its position in the changing landscape of the scientific field, the book charts Baumeister's development as one of the pioneers of study into self-control. Featuring a newly written introductory piece in which the author offers a unique insight into the initial findings that led to an eventual theory of ego-depletion, this collection will give readers a vital understanding of how the hugely influential theory of ego depletion first came to be developed, and is essential reading for students and researchers in self-control and self-regulation.

Where there's willpower, there's a way--strategies for self-control Willpower, for most, is a refined skill set needed to succeed in life. *How to Win with Willpower* provides a roadmap to managing this inner strength. From your diet to life in general, you'll find ways to reach your goals faster by eliminating roadblocks like procrastination, temptations, and waning motivation--and embracing positivity. Your personalized program begins with understanding willpower and learning how to form a habit. After grasping the basics, follow 75 bite-size, proven strategies to success. Each lesson comes with an explanation of a particular method, followed by a how-to section, filled with pragmatic advice to quickly put you in the driver's seat of your own mind. Harness willpower using: The S.M.A.R.T. method--Focus on specific, measurable, attainable, realistic, and time-bound goals, and watch your willpower objectives become more actionable. Tips and exercises--Learn how to embrace positive feelings by writing a quick thank you note or email to someone once a day. Be accountable--Discover how interactive journaling encourages you to document your weaknesses and goals on paper--so you can focus on eliminating them. *How to Win with Willpower* is your guide to quickly, easily, and successfully gaining control over your life with long-term results.

Great Myths of Child Development reveals the latest evidence--based science behind the myths and misconceptions about the developing child. Shatters the most commonly--held child development myths Reveals the science behind such topical issues as twin--telepathy, sex--prediction, and imaginary friends Covers hot--button issues like childhood vaccines, spankings, time--outs, and breastfeeding of older children Features numerous pop culture references and examples drawn from popular TV shows and movies, such as *Duck Dynasty*, *Modern Family* and *Mad Men* Points to a wealth of supplementary resources for interested parents from evidence--based treatments and self--help books to relevant websites

Live the life you want, not the life you settle for. Helping people build healthy new habits that improve their lives is more important than ever. Arianna Huffington launched Thrive Global to do just that--Thrive's specific mission is to end the epidemic of stress and burnout and help individuals and companies unlock their greatest potential. Science continues to show that we don't have to sacrifice our well-being in order to succeed; in fact, it turns out that well-being is critical to peak performance. Learning to thrive means: Moving from awareness to action - from knowing what to do to actually doing it Embracing solutions that appeal to wisdom, wonder, intuition, reflection, and are steeped in science Taking the time to rest and recover in order to

fuel and maximize productivity, both personal and professional Making the mindset shifts and habit changes that supercharge performance in ways that truly matter to us Eschewing trendy self-care fixes or the latest health fads, Your Time to Thrive is the revolutionary guide to living and working based on Microsteps--tiny, science-backed changes. By making them too-small-to fail, we can incorporate them into our daily lives right away, and begin building healthier ways of living and working. This book is a Microstep bible. With chapters dedicated to sleep, nutrition, movement, focus and prioritization, communication and relationships, unplugging and recharging, creativity and inspiration, and purpose/meaning, Your Time to Thrive shares practical, usable, research-supported mini-habits that will yield huge benefits and empower people to truly thrive in all parts of their lives.

A revolutionary new study of the origins of love based on physiological research probes the human brain for insights into the origins of the sex drive, romance, and attraction, while also offering practical advice on how to control and channel these desires into healthy pursuits. Reprint. 60,000 first printing.

The Encyclopedia of Social Psychology is designed as a road map to this rapidly growing and important field and provides individuals with a simple, clear, jargon-free introduction. These two volumes include more than 600 entries chosen by a diverse team of experts to comprise an exhaustive list of the most important concepts. Entries provide brief, clear, and readable explanations to the vast number of ideas and concepts that make up the intellectual and scientific content in the area of social psychology.

Every price is set by someone; this is where economics begins. Building on that fundamental idea and on Ayn Rand's philosophy of Objectivism, Objective Economics transforms economics. The thesis of this book is that Ayn Rand's concept of "objective" is the indispensable base of valid economic thought. Consistently applying this idea across the board, the author reaches a general theory of price for the first time in the history of economic thought. This theory of price then provides a valid base for explaining how a free economy functions. Based on facts everyone knows, presented without graphs or higher mathematics, Objective Economics makes accessible to the intelligent layman a clear understanding of how the economy works. For everyone who found college economics impenetrable--and that is just about everyone--this is the book. The thesis of Objective Economics changes everything about economics, including economics' method, the conception of the economy, the meaning of competition, the idea of price, the nature of business costs, the concept of supply, the concept of demand, the law of supply and demand, the theory of price, and the theory of total national output. Overall, as the result of all the preceding, Objective Economics demonstrates that capitalism is the practical economic system.

Our species is misnamed. Though sapiens defines human beings as "wise" what humans do especially well is to prospect the future. We are homo prospectus. In this book, Martin E. P. Seligman, Peter Railton, Roy F. Baumeister, and Chandra Sripada argue it is anticipating and evaluating future possibilities for the guidance of thought and action that is the cornerstone of human success. Much of the history of psychology has been dominated by a framework in which people's behavior is driven by past history (memory) and present circumstances (perception and motivation). Homo Prospectus reassesses this idea, pushing focus to the future front and center and opening discussion of a new field of Psychology and Neuroscience. The authors delve into four modes in which prospection operates: the implicit mind, deliberate thought, mind-wandering, and collective (social) imagination. They then explore prospection's role in some of life's most enduring questions: Why do people think about the future? Do we

have free will? What is the nature of intuition, and how might it function in ethics? How does emotion function in human psychology? Is there a common causal process in different psychopathologies? Does our creativity change with age? In this remarkable convergence of research in philosophy, statistics, decision theory, psychology, and neuroscience, *Homo Prospectus* shows how human prospection fundamentally reshapes our understanding of key cognitive processes, thereby improving individual and social functioning. It aims to galvanize interest in this new science from scholars in psychology, neuroscience, and philosophy, as well as an educated public curious about what makes humanity what it is.

Who among us has not at some point asked, what is the meaning of life?' In this extraordinary book, an eminent social scientist looks at the big picture and explores what empirical studies from diverse fields tell us about the human condition.

MEANINGS OF LIFE draws together evidence from psychology, history, anthropology, and sociology, integrating copious research findings into a clear and conclusive discussion of how people attempt to make sense of their lives. In a lively and accessible style, emphasizing facts over theories, Baumeister explores why people desire meaning in their lives, how these meanings function, what forms they take, and what happens when life loses meaning. It is the most comprehensive examination of the topic to date. A life without anger is attainable — if you understand *The Anger Fallacy*. Anger is everywhere — behind everything from road rage to wrap rage, domestic violence to international conflicts. People cling to their anger, as a tool of influence and a driver of revenge. But is anger really ever useful? And can we learn to overcome it? In this entertaining and ground-breaking book, two of Australia's leading clinical psychologists take a radical approach to anger management, exploding the irrational beliefs that fuel this noxious and misunderstood emotion. Through numerous examples from popular culture and the consulting room, and with a sizable dose of humour, the authors show how to combat anger by substituting empathy and understanding for righteous angry judgments. Along the way, readers will learn a new way of viewing people and their actions that is at once powerful and serene.

Willpower - the ability to control your attention, emotions, appetites and behaviour - influences your physical health, financial security, the quality of your relationships and your professional success. We all know this. But why is it so hard to control and why, sometimes, do we have so little of it? *Maximum Willpower* brings together the newest insights about self-control from psychology, economics, neuroscience and medicine, explaining how we can break old habits and create healthy habits, conquer procrastination and manage stress and emotions. Discover why we give in to temptation and how we can find the strength to resist.

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "*Willpower: Rediscovering the Greatest Human Strength*." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

This book provides a coherent explanation of human nature, which is to say how people think, act, and feel, what they want, and how they interact with each other. The central

idea is that the human psyche was designed by evolution to enable people to create and sustain culture.

We rely on willpower to create change in our lives...but what if we're thinking about it all wrong? In *Willpower Doesn't Work*, Benjamin Hardy explains that willpower is nothing more than a dangerous fad-one that is bound to lead to failure. Instead of "white-knuckling" your way to change, you need to instead alter your surroundings to support your goals. This book shows you how. The world around us is fast-paced, confusing, and full of distractions. It's easy to lose focus on what you want to achieve, and your willpower won't last long if your environment is in conflict with your goals--eventually, the environment will win out. *Willpower Doesn't Work* is the needed guide for today's over-stimulating and addicting environment. *Willpower Doesn't Work* will specifically teach you: How to make the biggest decisions of your life--and why those decisions must be made in specific settings How to create a daily "sacred" environment to live your life with intention, and not get sucked into the cultural addictions How to invest big in yourself to upgrade your environment and mindset How to put "forcing functions" in your life--so your default behaviors are precisely what you want them to be How to quickly put yourself in proximity to the most successful people in the world--and how to adapt their knowledge and skills to yourself even quicker How to create an environment where endless creativity and boundless productivity is the norm Benjamin Hardy will show you that nurture is far more powerful than your nature, and teach you how to create and control your environment so your environment will not create and control you.

Thirteen-year-old Billie Sims doesn't think her hometown of Anniston, Alabama, should be segregated, but few of the town's residents share her opinion. As equality spreads across the country and the Civil Rights Movement gathers momentum, Billie can't help but feel stuck—and helpless—in a stubborn town too set in its ways to realize that the world is passing it by. So when Billie learns that the Freedom Riders, a group of peace activists riding interstate buses to protest segregation, will be traveling through Anniston on their way to Montgomery, she thinks that maybe change is finally coming and her quiet little town will shed itself of its antiquated views. But what starts as a series of angry grumbles soon turns to brutality as Anniston residents show just how deep their racism runs. The Freedom Riders will resume their ride to Montgomery, and Billie is now faced with a choice: stand idly by in silence or take a stand for what she believes in. Through her own decisions and actions and a few unlikely friendships, Billie is about to come to grips with the deep-seated prejudice of those she once thought she knew, and with her own inherent racism that she didn't even know she had. Nobody blows smoke like Nick Naylor. He's a spokesman for the Academy of Tobacco Studies—in other words, a flack for cigarette companies, paid to promote their product on talk and news shows. The problem? He's so good at his job, so effortlessly unethical, that he's become a target for both anti-tobacco terrorists and for the FBI. In a country where half the people want to outlaw pleasure and the other want to sell you a disease, what will become of the original Puff Daddy? Advances in social-psychological theorizing and research suggest that humans

can be viewed as biological beings as well as cultural creatures, rational reasoners as well as emotional enigmas, moral minds as well as amoral agents. Edited by Martijn van Zomeren and John F. Dovidio, this handbook expertly articulates both what social psychology can tell us about the human essence, and the astonishing range of perspectives reflected within this field.

Can you resist everything except temptation? In a hedonistic age full of distractions, it's hard to possess willpower - or in fact even understand why we should need it. Yet it's actually the most important factor in achieving success and a happy life, shown to be more significant than money, looks, background or intelligence. This book reveals the secrets of self-control. For years the old-fashioned, even Victorian, value of willpower has been disparaged by psychologists who argued that we're largely driven by unconscious forces beyond our control. Here Roy Baumeister, one of the world's most esteemed and influential psychologists, and journalist John Tierney, turn this notion on its head. They show us that willpower is like a muscle that can be strengthened with practice and improved over time. The latest laboratory work shows that self-control has a physical basis to it and so is dramatically affected by simple things such as eating and sleeping - to the extent that a life-changing decision may go in different directions depending on whether it's made before or after lunch. You will discover how babies can be taught willpower, the joys of the to-don't list, the success of Alcoholics Anonymous, the pointlessness of diets and the secrets to David Blaine's stunts. There are also fascinating personal stories, from explorers, students, soldiers, ex-addicts and parents. Based on years of psychological research and filled with practical advice, this book will teach you how to gain from self-control without pain, and discover the very real power in willpower. The results are nothing short of life-changing.

A treasury of inspirational writings on happiness shares daily wisdom on everything from overcoming stress to understanding the human mind in a volume that includes contributions by Jane Smiley, Elizabeth Gilbert and Neil deGrasse Tyson.

'Required reading ... Brock Bastian expertly picks apart the fundamental idea that humans thrive when they approach pleasure and avoid pain, explaining why hardship sometimes yields richer lives that are laden with meaning, deep social connections, and unexpected bliss' Adam Alter, author of *Drunk Tank Pink* In today's culture, happiness has become the new marker of success, while hardships are viewed as personal weaknesses, or problems to be fixed. We increasingly try to eradicate pain through medication and by insulating ourselves from risk and offence, despite being the safest generation to have ever lived. Yet in his research, renowned social psychologist Brock Bastian has found that suffering and sadness are neither antithetical to happiness nor incidental to it: they are a necessary ingredient for emotional well-being. Drawing on psychology, neuroscience and internationally acclaimed findings from Bastian's own lab, *The Other Side of Happiness* encourages us to take a more fearless approach to

