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All names and identifying characteristics have been changed to protect the privacy of the individuals involved.

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Kelly McGonigal talks about the factors that increase or decrease our ability to control our behaviour. She draws on research to explain how self-control works and offers advice on what we can do to increase it.

"The Willpower Instinct" by Kelly

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from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers.

BOOKS □ Kelly McGonigal

Brief Synopsis/Review The Willpower Instinct is, as you might have guessed, a

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