

THE SCIENCE OF SELF-CONTROL

**53 TIPS TO STICK TO YOUR DIET,
BE MORE PRODUCTIVE AND EXCEL IN LIFE**

Menno Henselmans



Summary by ReadinGraphics

Science Of Self Control

Alison King



Science Of Self Control:

The Science of Self-Discipline Peter Hollins, 2019-08-13 Your best intentions are not enough Learn to scientifically engineer a disciplined life become relentless and never give up Whatever you want in your life self discipline is the missing piece Goals will remain dreams if you make the mistake of relying on motivation and your best drawn plans The Science of Self Discipline is a deep look into what allows us to resist our worst impulses and simply execute achieve produce and focus Every principle is scientifically driven and dissected to as be actionable and helpful as possible You ll learn how top performers consistently exercise self discipline as well as what drives us on an instinctual psychological level to act This isn t just a book it s a roadmap to the human psyche and will allow you to accomplish exactly what you set out to do every time When you understand what drives your cravings and the true roots of self discipline you ll be able to rise above your temporary discomfort and focus on what really matters Discover every factor that impacts self discipline for better or worse Break free of excuses distractions laziness and temptations Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author He has worked with dozens of individuals to unlock their potential and path towards success His writing draws on his academic coaching and research experience Beat instant gratification and create limitless motivation The biological basis of self discipline and why it s beneficial to you Discipline tactics for high performers such as Navy SEALs Diagnosing what motivates you what drains you and what moves you emotionally Engineering an environment and social circle that boosts self discipline Form productive habits to increase your focus strengthen your resolve and stop giving up from boredom or frustration Why choosing two marshmallows over one matters Four questions for any potential lapse in willpower The interplay between habits motivation and self discipline Self discipline and willpower will fundamentally change your life

The Science of Self-Control Howard Rachlin, 2004-03-01 This book proposes a new science of self control based on principles of behavioral psychology and economics Claiming that insight and self knowledge are insufficient for controlling one s behavior Howard Rachlin argues that the only way to achieve such control and ultimately happiness is through the development of harmonious patterns of behavior

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The Science of Self-Control Menno Henselmans, 2021-07-11 Have you ever intended to get some work done but ended up on Instagram Have you ever intended to stick to your diet but ended up microwaving a pizza Have you ever intended to get to bed early but ended up seeing your laptop clock hit 02 00 AM Then I have good news and bad news The bad news is you lack self control The good news is you're human My goal is to make you superhuman In this book you'll learn how to take control of your body and mind by drawing on cognitive neurosciences and behavioral psychology I've distilled the knowledge of 542 scientific references into 53 practical tips to improve your willpower In 6 chapters I cover the essentials of how the human mind works what willpower is how to be more productive how to stick to your diet how to make your workouts less effortful and how to motivate yourself After reading this book you should experience higher work productivity better diet adherence and ultimately more success in life

Self-Regulation and Self-Control Roy Baumeister, 2018-01-19 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

Allgemeine Psychologie Martina Rieger,Jochen Müsseler,2024-10-31 Die Neuauflage dieses Standardlehrbuchs bietet einen umfassenden Einblick in zentrale Aspekte menschlichen Erlebens und Verhaltens Hierbei stehen Prozesse und Mechanismen der psychischen Vorgänge im Vordergrund welche aus kognitions und neurowissenschaftlicher Perspektive betrachtet werden Inhaltlich werden in diesem Standardwerk folgende wesentliche Themenbereiche dargestellt Wahrnehmung und Aufmerksamkeit Emotion und Motivation Lernen und Gedächtnis Sprachproduktion und verstehen Denken und Problemlösen Handlungsplanung und Ausführung Die einzelnen Kapitel wurden von Expertinnen des jeweiligen Gebiets verfasst Diese vierte Auflage ist grundlegend aktualisiert und durch zusätzliche Kapitel ergänzt worden Die Inhalte werden durch konkrete Anwendungsbeispiele aus der Forschung für die Praxis und informative farbige Illustrationen sowie ein didaktisch ausgereiftes Layout veranschaulicht Zusätzlich sind sie mit digitalen Fragen und Antworten zum Selbsttest angereichert Wie die vorhergehenden Auflagen bietet auch diese Auflage eine kompetente Einführung für Studierende die ideal ist zur Prüfungsvorbereitung im Bachelor und Masterstudium Gleichzeitig ist dieses Werk ein optimales Nachschlagewerk für wissenschaftlich und praktisch arbeitende Psychologinnen und Personen aus benachbarten Disziplinen Studierende und Dozierende finden hilfreiche Online Zusatzmaterialien und die inkludierte Flashcard App auf der Begleitwebseite

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