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Roy F. Baumeister is

the author of

Willpower and a

social psychologist

who explores how we

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think about the self, and why we feel and act the way we do. He is especially known for his work on the subjects of willpower, self-control, and self-esteem, and how they relate to human morality and success.

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research into

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Compared to Kelly McGonigal's book on Willpower, Baumeister serves up a rather dry affair, where he spends most of his time highlighting all the studies that he and his many grad students have done. It's pretty academic and sparse in terms of actionable knowledge

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which is easily accessible. Finished it barely and felt pretty bored.

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temptation, and
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Strength ...

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John Tierney (Book

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Willpower by Roy Baumeister and John Tierney (Book Summary)

Roy F. Baumeister is a social psychologist

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Roy F. Baumeister And John Tierney. He is especially known for his work on the subjects of willpower, self-control, and self-esteem, and how they relate to human morality and success.

**Professor Roy F.
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Roy Baumeister's Willpower was an enjoyable book, and fascinating for what it says about us as human beings. The most fascinating point is this. Willpower, self-control, free-will, whatever you would like to call it, is a relative capacity, and it is more or less

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features of our

physiology, and it is

particularly tied to

glucose. Think of

glucose in the body

as the fuel that lets

you run, or gives you

self-control or free

will.

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Baumeister et al.

Roy F. Baumeister (/

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born May 16, 1953) is

a social psychologist

who is known for his

work on the self,

social rejection,

belongingness,

sexuality and sex

differences, self-

control, self-esteem,

self-defeating

behaviors, motivation,

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aggression,

consciousness, and
free will

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Baumeister “What stress really does, though, is deplete

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diminishes your ability

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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

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