

A Fever In The Heart

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

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Roy Baumeister is the Michael Jordan of Willpower research. He’s the man who coined the term ego depletion, which most willpower researchers draw on today, when they talk about a lack of it. Over the past decades, he built a massive catalogue of studies and research on willpower, following the original Marshmallow experiment by Walter Mischel.

Willpower Summary - Four Minute Books

Roy F. Baumeister (/ ˈ b ə m ə ɪ s t ə r / ... Willpower: Rediscovering the Greatest Human Strength (2011). Homo Prospectus (2016). The Power of Bad, co-written with John Tierney, (2019). Books edited. Public Self and Private Self (1986). Self-Esteem: The Puzzle of Low Self-Regard (1993). The Self in Social Psychology (1999). Social Psychology and Human Sexuality (2001). With George ...

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Roy F. Baumeister is a social psychologist who explores how we 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.

Professor Roy F. Baumeister - Social Psychologist

"Willpower (the thing) lies at the curious intersection of science and behavior. Willpower (the book) lies at the intersection of Roy Baumeister, an extraordinarily creative scientist, and John Tierney, a phenomenally perceptive journalist. Ignore it at your peril."— Stephen J. Dubner, coauthor of Freakonomics and Superfreakonomics

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The psychologist Roy F. Baumeister has shown that the force metaphor has a kernel of neurobiological reality. In Willpower, he has teamed up with the irreverent New York Timesscience columnist John Tierney to explain this ingenious research and show how it can enhance our lives. . . .Willpower is an immensely rewarding book, filled with ingenious research, wise advice and insightful ...