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Willpower: The Owner's Manual - 12 Tools for Doing the Right Thing

Frank Martela PhD

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Willpower: The Owner's Manual - 12 Tools for Doing the Right Thing Frank Martela PhD
As featured in *Fitness Magazine and Natural Health*.

Why is Barack Obama only wearing gray or blue suits? Why did Stanley, while searching for Doctor Livingstone in the darkest Africa and haunted by malaria, mosquitoes, diseases, and beasts, still insist on shaving every single morning?

This book is the owner's manual to willpower. Quick to read, hard to put down. It offers you the 12 essential tools for strong will, including:

- The 20-Second Rule
- Effective Resting
- Forgiving Yourself in Order to Learn
- The Zorro Circle

These tools are not only practical and easy to put in use. They are also backed up by the latest advances in science. The book is easy to approach, but contains a wealth of information about how the human mind and brain work. Rich with stories and personal experiences of the author, it provides a highly accessible, yet scientifically accurate, take on willpower - the most important tool you have for doing the right thing.

Get the book and start taking charge of your own life. Don't procrastinate. Do it now!

"Martela explains the nuts and bolts of willpower, offers easy to follow instructions on how to work it, and in the end, presents you with a challenge you can't say no to. ... I think one of the best compliments is that this 50+ page book inspired me to get cracking with certain goals of my own."
- Emilia Lahti, MSSc, MAPP, researcher and a lecturer on determination and resilience

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Edward Payne:

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Tara Wilson:

Playing with family inside a park, coming to see the marine world or hanging out with friends is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Willpower: The Owner's Manual - 12 Tools for Doing the Right Thing, you are able to enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't obtain it, oh come on its identified as reading friends.

Nicholas Valles:

This Willpower: The Owner's Manual - 12 Tools for Doing the Right Thing is great publication for you because the content which is full of information for you who also always deal with world and get to make decision every minute. This book reveal it data accurately using great arrange word or we can point out no rambling sentences included. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but difficult core information with lovely delivering sentences. Having Willpower: The Owner's Manual - 12 Tools for Doing the Right Thing in your hand like getting the world in your arm, details in it is not ridiculous one particular. We can say that no publication that offer you world inside ten or fifteen minute right but this e-book already do that. So , this is certainly good reading book. Hey Mr. and Mrs. hectic do you still doubt this?

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