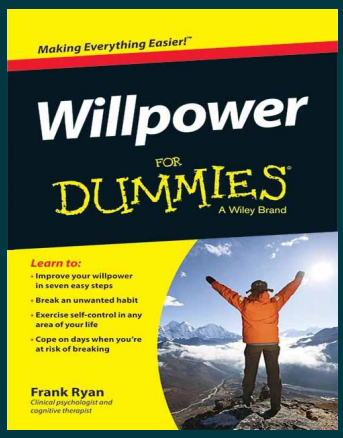
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Willpower for Dummies

By Frank Ryan

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Description

Willpower for Dummies shows you how to train, strengthen and improve your willpower in seven easy steps! Written by a clinical psychologist and cognitive therapist, the book proves that willpower can be learned like any other skill and provides tons of practical exercises and strategies you can start using today. You'll learn how willpower works inside the brain and how choosing goals and identifying challenges can affect your success. The book stresses the importance of patience, rewards and being kind to yourself and walks you through the techniques that will keep you on the right track, even on your worst days.

About the Author

Frank Ryan

Frank Ryan is a clinical psychologist and cognitive therapist

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