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All names and identifying characteristics have been changed to protect the privacy of the individuals involved.

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The Willpower Instinct Book Summary
– Jeremy Silva

The study authors suggested that the self-control needed to keep exercising

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regularly helped improve self-control in other areas. In addition, improving your health – physical or mental – boosts your ability to say no. Willpower after a heart event . A heart attack or heart diagnosis often prompts people to make lifestyle changes. After a heart event, cardiac rehabilitation

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The Willpower Instinct: How Self- Control Works

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understanding what it is and how it works is key to strengthening it and improving our tendencies and behavior.

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