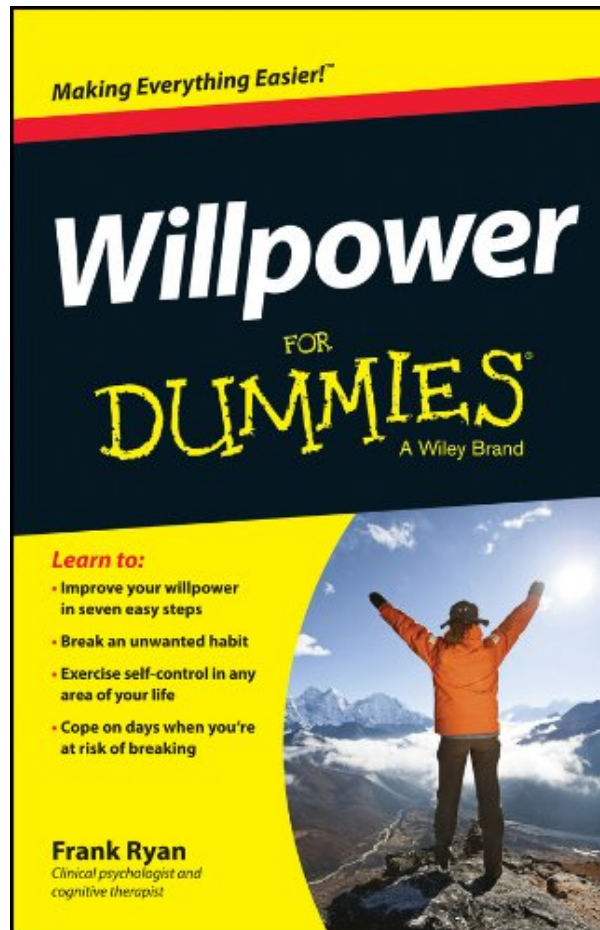


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- Improve your willpower in seven easy steps
- Break an unwanted habit
- Exercise self-control in any area of your life
- Cope on days when you're at risk of breaking

Frank Ryan

*Clinical psychologist and
cognitive therapist*



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From the Back Cover

Train, strengthen and improve your willpower

Willpower. You've either got it or not, right? Wrong! Willpower can be taught and learned just like any other skill – and this book shows you how. Whether you have a simple goal, a habit you want to break or you just want to exercise a little more self-control, this friendly guide gives you seven easy steps to get it done.

- Understand willpower – get to know the psychology of self-control, break away from the 'I want it now' mentality and discover the secrets of self-motivation
- Enter the Willpower Workshop – create your personal change plan, make new habits to replace old ones and get to know your triggers
- Be ever the optimist – aim for realistic optimism, overcome negative thinking traps and create a lifestyle that promotes willpower
- Know that you're not alone – acknowledge your achievements, accept responsibility for setbacks and remember that exercising willpower is something that everyone struggles with

About the Author

Frank Ryan is a clinical psychologist and cognitive therapist, specialising in cognition and impulse control. He is also the author of *Cognitive Therapy For Addiction*, published by Wiley.

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WILLPOWER FOR DUMMIES BY FRANK RYAN PDF

Develop rock-solid willpower with evidence-based techniques

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.

The mind works in two different ways: the long view and the short view. Controlling which aspect wins out is the key to willpower. Willpower For Dummies breaks this complex science down into easily digestible bits, written in plain English with a dash of humour. You'll find scientifically robust guidance toward strengthening your willpower just like a muscle, and expert advice on training your brain to work with you instead of against you.

- Discover the most important factors in building self-discipline
- Learn how to set goals and how to train your willpower
- Practice simple willpower-strengthening exercises
- Employ coping strategies for when you're about to break

Whether you're trying to lose weight, quit smoking or just work harder, rest assured that you can do it—regardless of past failures and false starts. Willpower is not a trait, but a skill. Everyone can learn it, and everyone can make it stronger. Willpower For Dummies walks you through the process, teaching you the skills you need for lasting success.

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A clear and sensible guide to maintaining long-term lifestyle changes

By A. I. McCulloch

Disclaimer: I received a free copy of the book under the Vine Voices Amazon co.uk scheme but these are my honest and considered opinions.

This is a well-written guide to improving willpower, breaking habits and being able to impose self-control. Unlike many self-help books psychologist and therapist Frank Ryan steers free of gung-ho motivational psychobabble.

It is full of sensible suggestions on how to maintain motivation, how to overcome 'wobbles' with the accompanying negative mindsets and in general, how to improve one's skills in self-control - viewing self control as a skill that can be gained rather than something that you have or just don't have.

It isn't a guide to overcoming serious drug addictions, and this is made clear right at the outset; this is something that can only be realistically handled with the intervention of medical practitioners.

There is extensive reference to up to date research, presented in a highly readable and accessible manner, as one has come to expect from 'Dummies' books, designed to inform and encourage. It incorporates the usefulness of mindfulness - being fully in the here and now - as a way of managing negative feelings.

The benefits of incorporating a healthier lifestyle as a long term way of improving willpower in general are not understated; exercise increases endorphins and you feel better in general for doing it, it becomes a reward in itself and boosts your ability to maintain other healthier choices.

Frank Ryan doesn't state the obvious or insult the intelligence of his readers at any time, this is a book of genuine value and interest. Highly recommended

See all 1 customer reviews...

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