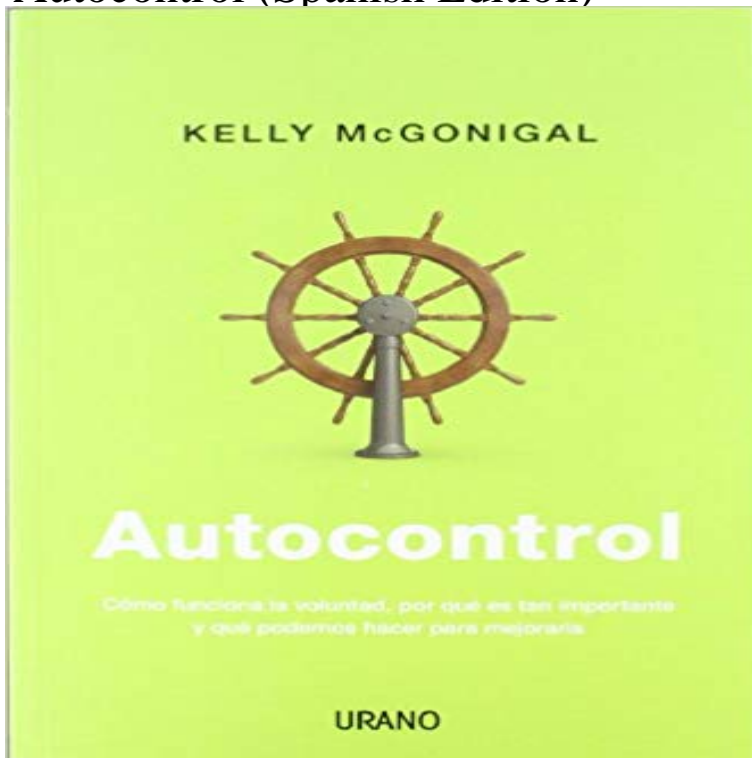


Autocontrol (Spanish Edition)



Por primera vez, un libro responde de forma clara, útil y contundente a una de las preguntas que más nos torturan a todos: por qué cuesta tanto poner en práctica lo que uno se propone? En un ensayo único en su género, la psicóloga Kelly McGonigal expone por primera vez que es la fuerza de voluntad, como funciona y por qué influye tanto en la salud, la felicidad y la productividad. Basándose en los últimos hallazgos científicos en materia de psicología, neurociencia y medicina, McGonigal niega que el autocontrol sea una virtud, como tendemos a creer; la fuerza de voluntad es una función biológica que se puede mejorar mediante aspectos que van desde la nutrición hasta el sueño o la presencia. Poniendo en práctica sus ejercicios y estrategias, los lectores no solo aumentarán la capacidad del cerebro para llevar a cabo sus propósitos, sino que alcanzarán con facilidad objetivos que habían acabado por considerar inalcanzables. / Based on the course *The Science of Willpower*, *The Willpower Instinct* is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining psychology, economics, neuroscience, and medicine, it explains what willpower is, how it works, and why it matters.

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