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The study authors suggested that the self-control needed to keep exercising 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 courses provide information on healthy eating and lifestyle, including regular exercise, so this can be a good way ...

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The Willpower Instinct is based off of a 10-week academic-style class taught by the author. It uses the latest information from neuroscience to explain what exactly your brain goes through during a thinking or decision-making process and how to use that process to your advantage to increase your sense of self-control.

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