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The Willpower Instinct Review A Life of Productivity

The Willpower Instinct is funny, charming, full of great stories, and most importantly, it s practical. At the end of every chapter are a few willpower exercises you can tackle at home (like being mindful of whether you use your good behaviour as an excuse to indulge), and there are also countless hacks to living a better, more productive life sprinkled throughout the book.

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