

The key to exercising regularly, losing weight, being more productive, and achieving success is actually through Willpower which every human being are born with. But often a times under utilizing the vast potential! By harnessing this greatness of willpower, we can transform our lives, our businesses and our communities. Raymond Grace presents a whole new understanding of human nature and its potential. By a combination of cutting-edge insights and latest researches from psychology, neuroscience, medicine and economics, this book explains exactly what willpower is, how it works, and why it matters. This book also illustrates: Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through exercise, mindfulness, nutrition, and sleep. Bad thoughts and stress takeover the brains systems of self-control, but the brain can be trained for greater willpower. Guilt and shame over your failures lead to giving in again, but self-forgiveness & compassion boost self-control. Giving up control equates to the only way to gain self-control at times. Willpower failures are very often contagious—you can catch the desire to overeat or overspend from your acquaintance—but you can also obtain self-control from the right friends. And much much more..

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