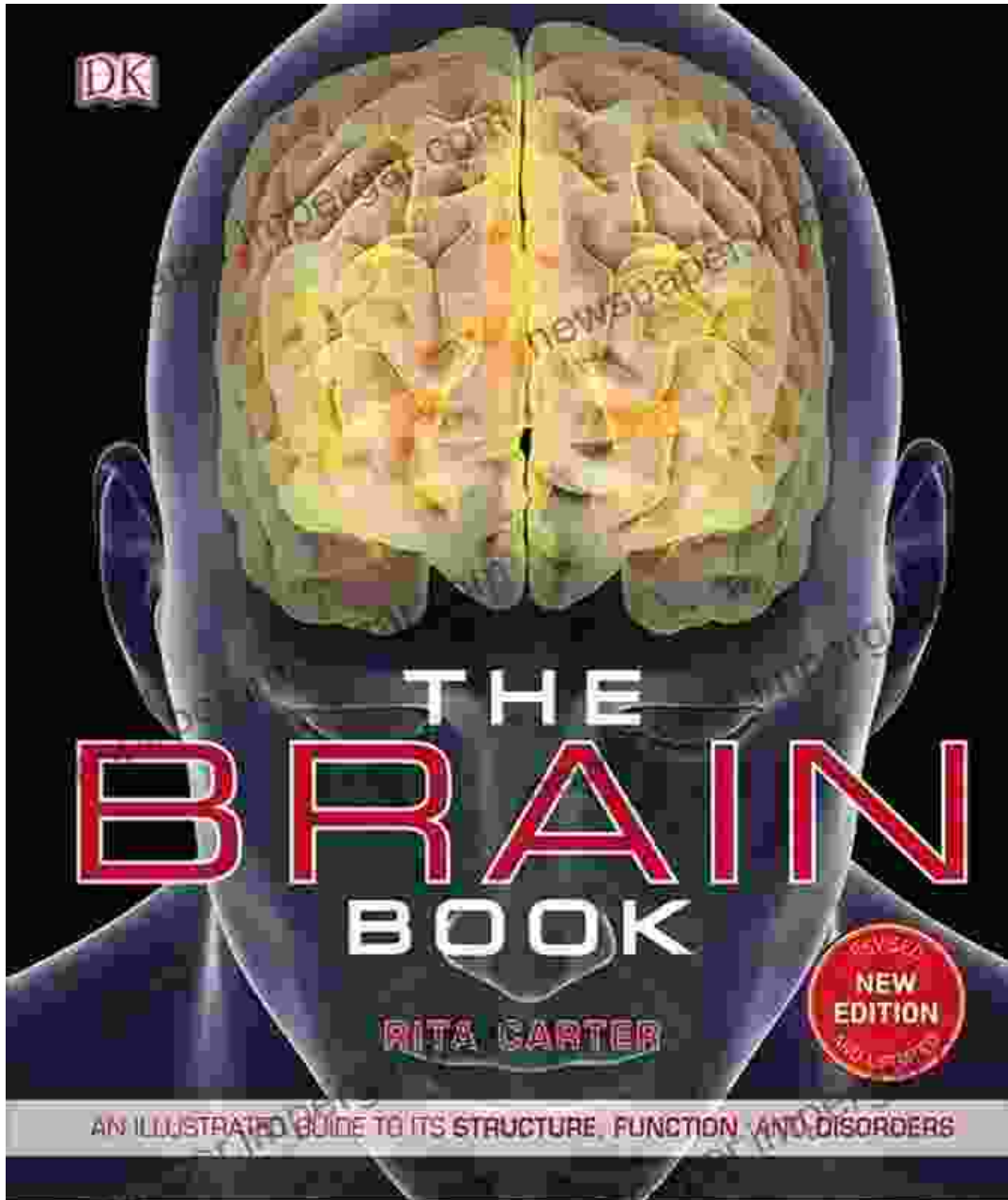


Unlock the Secrets of Your Willpower with "The Will and Its Brain"



In "The Will and Its Brain," renowned neuroscientist Dr. Joel N. Kaplan reveals the groundbreaking scientific discoveries that have revolutionized our understanding of willpower. Drawing on the latest research in

neuroscience, psychology, and behavioral economics, Dr. Kaplan provides a comprehensive roadmap for strengthening your willpower and achieving your goals.



The Will and its Brain: An Appraisal of Reasoned Free Will

★★★★★ 5 out of 5

Language : English
File size : 1469 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 114 pages



You'll learn how to:

- Control your impulses and resist temptations
- Stay motivated in the face of challenges
- Develop a growth mindset
- Build habits that support your goals
- Overcome procrastination and self-sabotage

"The Will and Its Brain" is not just another self-help book. It's a science-based guide that will help you understand the inner workings of your brain and how to use that knowledge to strengthen your willpower and achieve your full potential.

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Dr. Joel N. Kaplan

Dr. Joel N. Kaplan is a renowned neuroscientist and author. He is the director of the Center for the Neurobiology of Learning and Memory at the University of California, Irvine. Dr. Kaplan's research has been published in top scientific journals, and he has been featured in major media outlets, including The New York Times, The Wall Street Journal, and NPR.

What people are saying about "The Will and Its Brain"

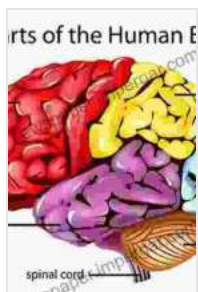
"This book is a must-read for anyone who wants to understand the science of willpower. Dr. Kaplan provides a clear and concise explanation of the

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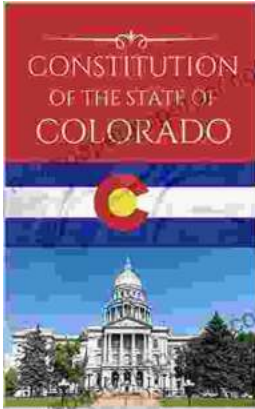


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