



Willpower: The Owner's Manual - 12 Tools for Doing the Right Thing

Frank Martela PhD

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As featured in *Fitness Magazine* and *Natural Health*.

Why is Barack Obama only wearing gray or blue suits? Why did Stanley, while searching for Doctor Livingstone in the darkest Africa and haunted by malaria, mosquitoes, diseases, and beasts, still insist on shaving every single morning?

This book is the owner's manual to willpower. Quick to read, hard to put down. It offers you the 12 essential tools for strong will, including:

- The 20-Second Rule
- Effective Resting
- Forgiving Yourself in Order to Learn
- The Zorro Circle

These tools are not only practical and easy to put in use. They are also backed up by the latest advances in science. The book is easy to approach, but contains a wealth of information about how the human mind and brain work. Rich with stories and personal experiences of the author, it provides a highly accessible, yet scientifically accurate, take on willpower - the most important tool you have for doing the right thing.

Get the book and start taking charge of your own life. Don't procrastinate. Do it now!

"Martela explains the nuts and bolts of willpower, offers easy to follow instructions on how to work it, and in the end, presents you with a challenge you can't say no to. ... I think one of the best compliments is that this 50+ page book inspired me to get cracking with certain goals of my own."

- Emilia Lahti, MSSc, MAPP, researcher and a lecturer on determination and resilience

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From reader reviews:

Rachel Robertson:

Have you spare time to get a day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their own spare time to take a go walking, shopping, or went to often the Mall. How about open as well as read a book eligible Willpower: The Owner's Manual - 12 Tools for Doing the Right Thing? Maybe it is to become best activity for you. You understand beside you can spend your time together with your favorite's book, you can better than before. Do you agree with the opinion or you have other opinion?

Michael Torres:

People live in this new time of lifestyle always make an effort to and must have the time or they will get great deal of stress from both day to day life and work. So , once we ask do people have extra time, we will say absolutely yes. People is human not only a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer may unlimited right. Then ever try this one, reading books. It can be your alternative within spending your spare time, the book you have read is Willpower: The Owner's Manual - 12 Tools for Doing the Right Thing.

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