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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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Wikipedia in English (1) Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness,... Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. Temptation and stress hijack the brain's systems of ...

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