

Willpower Is A Muscle

January 6, 2014 | 55 upvotes | by [JonFrost25](#)

<http://www.thumotic.com/willpower-is-a-muscle/>

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Comments

[deleted] • 3 points • 7 January, 2014 11:40 AM

Great read, I just started "30 days of discipline" so it's nice to see the same ideas being reinforced.

[deleted] • 2 points • 7 January, 2014 10:01 AM

An interesting article.

Over the last two years I've transformed myself and my life by exercising willpower. If used enough it does get to a point where it ceases to be like a muscle and becomes an almost unbeatable force.

MegMartinson • 2 points • 7 January, 2014 06:20 PM

The human body is physically capable of far greater feats than it typically allows us to perform. Women who can't deadlift 135lbs in a gym, have lifted thousand-pound cars off their children in life-threatening situations.

Citation Requested.

... otherwise, nice article.

PlayFair • 2 points • 15 January, 2014 07:20 PM

/u/JonFrost25

This guy again... Using reddit to promote his own blog/evangelical nonsense.

One of those downvotes is me.

Bunghandie • 1 point • 27 April, 2014 06:58 PM

I quit smoking in an effort to improve my health. I found my willpower shot up when I realised *I* was in control and *I* could **decide** if I wanted another cig or not.

Good willpower is awesome for your self esteem.