

## John Tierney

New York Times Columnist and Best-Selling Author of Willpower

**Working Smarter (and Happier).** John Tierney shows audiences how to apply science to the art of business, offering research-based strategies for working smarter and living better. Believing that success is intelligence plus self-control (and self-control was shown to predict grades for students better than even IQ and SAT scores), he has rediscovered the concept of willpower and shares insights for making the most of your time at work. Willpower is a source of mental energy that can be depleted. In fact, making decisions depletes the same source of mental energy as willpower, and once decision fatigue sets in, willpower also goes out the window. Tierney discusses how to focus strength, resist temptation, redirect our lives, be realistic when setting goals, and how to keep faith when we falter. By blending practical wisdom with the best of recent research science, he makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach without first learning to harness our inherent willpower.

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