



Willpower Is Not Enough: Why We Don't Succeed at Change

A. Dean Byrd, Mark D. Chamberlain

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Authors A. Dean Byrd and Mark D. Chamberlain address the topic of self-control, exploring it in the framework of doctrine and counsel from Church leaders and their own professional experiences. The authors have discovered that people who are successful in maintaining self-control rely less on willpower than on what might be called heart-power. Willpower Is Not Enough provides encouragement and guidance to all who wish to harness the motivating power of the heart, express themselves from the heart, and successfully deal with setbacks and overcome obstacles to change.

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