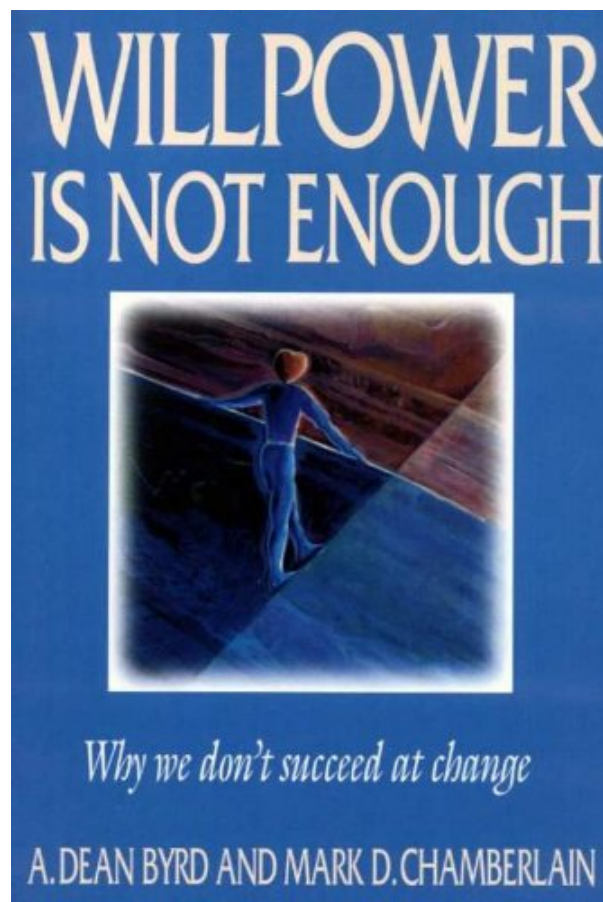


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Very helpful, September 23, 2008by CustomerThis is a good reminder that there is help beyond ourselves to overcome any kind of addiction or negative behavior. The Lord is there to "deliver us from bondage" and often the bonds are too strong for us to break on our own!This book is changing my life, April 16, 2010by TrinalI bought this book to help me overcome my eating issues. Instead I found something that has changed my entire outlook on life. Using gospel principles and logic to find a way to want to change has been incredible. In finding what my heart really wants, which isn't another ice cream sunday, I have found new joy in taking care of my children and serving my family. I recommend this book strongly to anyone dealing with behavior they want to change.

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PDF

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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Surrender

By Inquiring Mind

This book has a different perspective from most self-help books that emphasize willpower. Written by a Mormon for other Mormons, it has many helpful points while framing the overall issue in terms of surrendering to God. This perspective may make the book not so useful for people with different belief systems.

4 of 4 people found the following review helpful.

New Insights on Change

By SlyGuy79

Reading this book was like opening a window and letting fresh air into a room that had been shut up for a long time. The concepts and insights taught in the book are powerful and lifting. Understanding how we work and what makes us tick is so key to overcoming addictions and self defeating behaviors. Byrd and Chamberlain have really tapped into something powerful. I highly recommend this to anyone looking to

make change in their life.

11 of 13 people found the following review helpful.

Life Changing

By M. Ames

This book helped me uncover the ability to change after struggling with addiction for over a decade. Specifically, the "revolutionary" notion that underneath our negative behaviors are positive needs that, when allowed appropriate expression, can dramatically reduce our tendency toward the negative.

Real-life examples are used throughout the book to illustrate the concepts being discussed. The authors have a practical, straightforward style, and the concepts are simple. These elements combine into a book that is enjoyable, educational, and deeply powerful.

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