

Sources

1. Oman, D., Shapiro, S., Thoresen, C., Plante, T., & Flinders, T. (2008). Meditation Lowers Stress And Supports Forgiveness Among College Students: A Randomized Controlled Trial. *Journal of American College Health*, 569-578.
2. Bradt, S. (2010, November 11). Wandering mind not a happy mind. <http://news.harvard.edu/gazette/story/2010/11/wandering-mind-not-a-happy-mind/>
3. Gailliot, M., Baumeister, R., DeWall, C., Maner, J., Plant, E., Tice, D., ... Schmeichel, B. (2007). Self-control Relies On Glucose As A Limited Energy Source: Willpower Is More Than A Metaphor. *Journal of Personality and Social Psychology*, 325-336.
4. Pollan, M. (2009) *Food Rules: An Eater's Manual*. New York: Penguin
5. Spiegel, K., Tasali, E., Leproult, R., & Van Cauter, E. (2009). Effects Of Poor And Short Sleep On Glucose Metabolism And Obesity Risk. *Nature Reviews Endocrinology*, 253-261.
6. Dijk, D., & Archer, S. (2009). Light, Sleep, and Circadian Rhythms: Together Again. *PLoS Biology*, E1000145-E1000145.
7. Feature, J (29 Nov. 2011) *WebMD Magazine*. Power Naps: Napping Benefits, Length, and Tips. *WebMD*.
8. Breus, M. (2013) *Can You Ever REALLY Catch-up on Sleep?* *Psychology Today: Health, Help, Happiness*.
9. Oaten, M. & Cheng, K. (2006) Longitudinal Gains in Self-regulation from Regular Physical Exercise. *British Journal of Health Psychology* 11.4: 717-33.
10. Kahneman, D. (2011). *Thinking, fast and slow*. New York: Farrar, Straus and Giroux.
11. Duhigg, C. (2012). *The power of habit: Why we do what we do in life and business*. New York: Random House.
12. Baumeister, R., & Tierney, J. (2011). *Willpower: Rediscovering the greatest human strength*. New York: Penguin Press.
13. Ridder, D., Lensvelt-Mulders, G., Finkenauer, C., Stok, F., & Baumeister, R. (2011). Taking Stock of Self-Control: A Meta-Analysis of How Trait Self-Control Relates to a Wide Range of Behaviors. *Personality and Social Psychology Review*, 76-99.
14. McGonigal, K. (2012) *The Willpower Instinct: How Self-control Works, Why It Matters, and What You Can Do to Get More of It*. New York: Avery.
15. Bandura, A., & Schunk, D. (1981). Cultivating Competence, Self-efficacy, And Intrinsic Interest Through Proximal Self-motivation. *Journal of Personality and Social Psychology*, 586-598.