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spotlight into the black hole in inner space where good intentions disappear. It reveals the startling reason why we so often fail to make the life-improving changes we truly intend to make. Although we typically blame ourselves for poor follow through -- we beat ourselves up for lacking motivation, willpower, self-discipline -- Levinson and Greider argue that the real culprit is the mixed-up way the human mind designed.

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In ~~Following Through: A Revolutionary New Model for Finishing~~ ~~Whatever You Start~~ by Steve Levinson and Pete Greider, the authors propose that we have two guidance systems: the Primitive Guidance System and the Intelligence-Based Guidance System. Each of these systems pulls us in different directions like a car with two steering wheels.

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