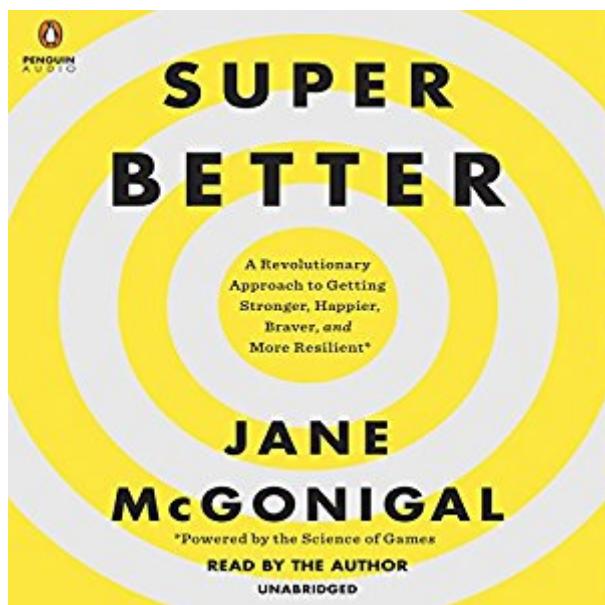


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# SuperBetter: A Revolutionary Approach To Getting Stronger, Happier, Braver And More Resilient - Powered By The Science Of Games



## Synopsis

An innovative guide to living gamefully, based on the program that has already helped nearly half a million people achieve remarkable personal growth. In 2009 renowned game designer Jane McGonigal suffered a severe concussion. Unable to think clearly or work or even get out of bed, she became anxious and depressed, even suicidal. But rather than let herself sink further, she decided to get better by doing what she does best: She turned her recovery process into a resilience-building game. What started as a motivational exercise quickly became a set of rules for "post-traumatic growth". These rules led to a digital game and a major research study. Today nearly half a million people have played SuperBetter to get stronger, happier, and healthier. But the life-changing ideas behind SuperBetter are much bigger than just one game. In this book McGonigal reveals a decade's worth of scientific research into the ways all games change how we respond to stress, challenge, and pain. She explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more "gameful" mind-set. McGonigal shows that getting superbetter is as simple as tapping in to the three core psychological strengths that games help you build: Your ability to control your attention and therefore your thoughts and feelings Your power to turn anyone into a potential ally and to strengthen your existing relationships Your natural capacity to motivate yourself and supercharge your heroic qualities, like willpower, compassion, and determination SuperBetter contains nearly 100 challenges anyone can undertake in order to build these gameful strengths. It includes stories and data from people who have used the SuperBetter method to get stronger in the face of illness, injury, and other major setbacks as well as to achieve goals like losing weight, running a marathon, and finding a new job.

## Book Information

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## Customer Reviews

I've watched Jane McGonigal's TED talks, readÂ Reality Is Broken: Why Games Make Us Better and How They Can Change the WorldÂ and installed the "Super Better" app on my various phones. But until I started reading Super Better, I didn't "get" the power of the concepts contained in the process. The writing is easy to read, and the use of the "quests" in the middle of the book make me excited to continue reading. My first experience was when reading the book on a bus and being challenged to complete the first 4 quests in the next 5 minutes. How do you strike a power pose in the morning rush on a bus without being "the strange man" who people avoid? I summoned my gaming knowledge and decided to be a ninja super better hero, finding the subtle and hidden ways to achieve the quests while blending into my surroundings. Suddenly I was doing things I'd never do, seeing things I'd never see, and experiencing my commute in a new way. I continually am sending snapshots of paragraphs to friends and family who need to hear the truth behind being "gameful" in life. Friends who have been mocked for playing games, or who have thought less of themselves because they play them. Seeing the benefit in applying a gameful mindset to life is inspiring me to do more, and read more. The explanations are so natural and easy to follow, that I'm looking forward to becoming more than just better - I'm looking forward to becoming "Super Better".

I am very happy to read this book. I was a bit skeptical from the bombastic claims in the beginning of the book. But I am very happy to hear some of the research done in gaming. It was an eye opening. I am not sure about some of the researches add extra hours in to hour lives by planning games. That was too much to believe.

This book is worth reading. It gives you another perspective on how to approach the serious parts of life. Also it should be required reading for the anti gaming alarmists. The negatives of the book are that it is repetitive and often seems trivial.

This work is not only well researched, entertaining and very helpful; but it also points out the values that the most important game should have; optimizing physical health, rational thinking, emotional intelligence and a sense of connectivity towards our peers. Sometimes it's not about effort, but direction and how real our idea of destination is. I will be recommending this book for sure!

Excellent book. Heard about it on TED. Ms. McGonigal is an amazing person.

This was my favorite non-fiction book of the year— not only is Jane a dynamic and engaging writer, not only does she back everything up with tons of science, research and references, but she also creates an engaging game-as-you-go. This book is leveling up at life— whether you play the game, or just take what you learn and integrate into your life, this book will make you better and more apt to look at life playfully. I wrote about an early experience with Jane's work on Medium— @airjoshb, look for the post with Superbetter in the title.

well worth the read

Helped me get over some anxiety

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