



## Superbetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient -Powered by the Science of Games

By Jane McGonigal

Penguin Audiobooks, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 150 x 130 mm. Language: English . Brand New. A remarkable life plan developed from the program four hundred thousand people have used to recover from setbacks and injuries and achieve personal growth In 2009, game designer and author Jane McGonigal suffered a severe concussion that wouldn't heal. Unable to think clearly, or work, or even get out of bed, she became anxious and depressed, even suicidal a common symptom for concussion sufferers. 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 game. What started as a simple motivational exercise became a set of rules she shared on her blog. These rules became a digital game, then an online portal and a major research study with the National Institutes of Health. Today more than 400,000 people have played SuperBetter to get happier and healthier. But the 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...

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