



PENGUIN  
AUDIO

# **SUPER BETTER**

A Revolutionary  
Approach to Getting  
Stronger, Happier,  
Braver, *and*  
More Resilient\*

**JANE  
McGONIGAL**

*\*Powered by the Science of Games*

**READ BY THE AUTHOR**

**UNABRIDGED**

# Superbetter Jane McGonigal

**Jane McGonigal**



## **Superbetter Jane McGonigal:**

*SuperBetter* Jane McGonigal, 2015-09-15 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 internationally 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 simple motivational exercise quickly became a set of rules for post traumatic growth that she shared on her blog These rules led to a digital game and a major research study with the National Institutes of Health 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 including videogames sports and puzzles 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 Being gameful means bringing the same psychological strengths we naturally display when we play games such as optimism creativity courage and determination to real world goals Drawing on hundreds of studies McGonigal shows that getting superbetter is as simple as tapping into 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 super charge your heroic qualities like willpower compassion and determination SuperBetter contains nearly 100 playful 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 As inspiring as it is down to earth and grounded in rigorous research SuperBetter is a proven game plan for a better life You ll never say that something is just a game again

SuperBetter Jane McGonigal, 2015 A renowned game designer describes how she recovered from a debilitating concussion by turning her therapeutic process into a digital game that became the subject of a major NIH research study

**SuperBetter: How a gameful life can make you stronger, happier, braver and more resilient** Jane McGonigal, 2016-01-28 A revolutionary new self help book by top flight game designer Jane McGonigal

**Superbetter** Jane McGonigal, 2016-01-25 A revolutionary new self help book by top flight game designer Jane McGonigal After suffering a brain injury Jane McGonigal came up with a game to help aid her recovery and battle the ensuing depression she experienced Half a million people have now played this game to astonishing results depression gone in 6 weeks in some cases and even terminal cancer patients reporting that playing the game gives them a sense of control over their own health The book shows readers how to use these techniques to find strength and create positivity readers can look to their own power ups which are

little things they can do to feel better and tackle the hurdles in their own lives This book provides simple step by step ideas that can be carried out in day to day life helping you transform your life with a new flexible and reenergised mindset In this book McGonigal uses her own story and those of others to expertly demonstrate how simple changes can result in dramatic life affirming effects And what s more she tells you how you yourself can lead a more gameful life Summary of Jane McGonigal's SuperBetter Everest Media,2022-05-09T22:59:00Z Please note This is a companion version not the original book

Sample Book Insights

- 1 The purpose of Part 1 is to help you tap into your psychological strengths when you play games When you play games with purpose you tap into three core psychological strengths your ability to control your attention and thoughts your power to turn anyone into a potential ally and your natural capacity to motivate yourself and supercharge your heroic qualities
- 2 The science of games has focused almost exclusively on digital games and this book is grounded in the science of games It focuses on the kinds of games that scientists have dedicated the most time and energy to understanding
- 3 You can prime your brain to be more open to creative solutions and more receptive to surprising ideas by turning your palms up This mind body response stems from physical behaviors we exhibited thousands of years ago before we invented language
- 4 The highly immersive quality of good games is a clue to how our attention works In this chapter we ll look at video game research that reveals the power we have to prevent anxiety depression trauma and physical pain by learning to control our attention

Reality Is Broken Jane McGonigal,2011-01-20 McGonigal is a clear methodical writer and her ideas are well argued Assertions are backed by countless psychological studies The Boston Globe Powerful and provocative McGonigal makes a persuasive case that games have a lot to teach us about how to make our lives and the world better San Jose Mercury News Jane McGonigal s insights have the elegant compact deadly simplicity of plutonium and the same explosive force Cory Doctorow author of Little Brother A visionary game designer reveals how we can harness the power of games to boost global happiness With 174 million gamers in the United States alone we now live in a world where every generation will be a gamer generation But why Jane McGonigal asks should games be used for escapist entertainment alone In this groundbreaking book she shows how we can leverage the power of games to fix what is wrong with the real world from social problems like depression and obesity to global issues like poverty and climate change and introduces us to cutting edge games that are already changing the business education and nonprofit worlds Written for gamers and non gamers alike Reality Is Broken shows that the future will belong to those who can understand design and play games Jane McGonigal is also the author of SuperBetter A Revolutionary Approach to Getting Stronger Happier Braver and More Resilient **Jane McGonigal** ,2014 It s not enough to make games that can change people s lives for the better we have to measure that change Dr Jane McGonigal inventor of SuperBetter shares news from her NIH funded clinical trial and results from a University of Pennsylvania randomized controlled trial of her latest game Jane McGonigal Inventor SuperBetter **Imaginable** Jane McGonigal,2022-03-22 A dynamic optimistic science driven work by a futurist and renowned gamer

that trains us to see the future as a futurist does and prepares us to thrive in that future when it arrives sooner than we think by the New York Times bestselling writer and designer of alternate reality games After living through the massive global shock and trauma of Covid 19 one of the most disruptive events in human history we need to find a way to face the future with optimism But how can we plan for a better future when it feels impossible to predict what the world will be like next week let alone next year or in the next decade What we need are new tools to help us recover our confidence creativity and hope in the face of an uncertain future In Imaginable world renowned future forecaster and game designer Jane McGonigal draws on the latest scientific research in psychology and neuroscience to show us how to train our brains to think the unthinkable and imagine the unimaginable Using gaming strategies and fun thought provoking challenges that she designed specifically for this book she helps us build our collective imagination to dive into the future before we live it and envision in surprising detail what our lives will look like ten years out She is the perfect person to lead the way In 2008 and 2010 with teams at the Institute for the Future and the World Bank she designed two future simulations with nearly 30 000 participants that predicted a devastating respiratory pandemic in 2020 and the surprising human responses to it When social distancing would work and when it would fail Where super spreader events would most likely occur The rise of pods and bubbles The resistance to mask wearing The outbreak of misinformation and conspiracy theories And the complicating effects of climate change weather events Not only were these future forecasts shockingly accurate those who took part in her exercises felt better prepared for Covid 19 when it did arrive In Imaginable McGonigal teaches us to identify the challenges that lie ahead in the next decade big and small personal and global shape a better future that solves for those challenges and access urgent optimism an unstoppable motivational force that inspires us to be fearless resilient and bold in realizing a world we can only imagine

**Women in Gaming: 100 Professionals of Play** Meagan Marie, 2018-12-04 Women in Gaming 100

Professionals of Play is a celebration of female accomplishments in the video game industry ranging from high level executives to programmers to cosplayers This insightful and celebratory book highlights women who helped to establish the industry women who disrupted it women who fight to diversify it and young women who will someday lead it Featuring household names and unsung heroes each individual profiled is a pioneer in their own right Key features in this book include 100 Professionals of Play Interviews and Special Features with 100 diverse and prominent women highlighting their impact on the gaming industry in the fields of design programming animation marketing voiceover and many more Pro Tips Practical and anecdotal advice from industry professionals for young adults working toward a career in the video game industry Essays Short essays covering various topics affecting women in gaming related careers including Difficult Women The Importance of Female Characters Who Go Beyond Being Strong NPC On Being Unseen in the Game Dev Community and Motherhood and Gaming How Motherhood Can Help Rather Than Hinder a Career A Day in the Life of Features An inside look at a typical day in the gaming industry across several vocations including a streamer a voice actor and many more

**Game Design**

**Workshop** Tracy Fullerton, 2014-03-05 Create the Digital Games You Love to Play Discover an exercise driven non technical approach to game design without the need for programming or artistic expertise using Game Design Workshop Third Edition Author Tracy Fullerton demystifies the creative process with a clear and accessible analysis of the formal and dramatic systems of game design Examples of popular games illustrations of design techniques and refined exercises strengthen your understanding of how game systems function and give you the skills and tools necessary to create a compelling and engaging game The book puts you to work prototyping playtesting and revising your own games with time tested methods and tools It provides you with the foundation to advance your career in any facet of the game industry including design producing programming and visual design

**Digital Health and the Gamification of Life** Antonio Maturo, Veronica Moretti, 2018-10-16 This book analyzes the role of health apps to promote medicalization It considers whether their use is an individual matter rather than a political and social one with some apps based on a medical framework positively promoting physical activity and meditation or whether data sharing can foster social discrimination

*SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver, and More Resilient* Elizabeth Gilbert, Jane McGonigal, Linda Rottenberg, Sheila Heen, 2014

**SuperBetter** Jane McGonigal, 2017-01

**Resilience and Sustainability** Alexander G. Flor, Alejandro N. Ciencia (Jr.), Cecilia Fe L. Sta. Maria- Abalos, 2015

Alternate Reality Game Designer Jane McGonigal Anastasia Suen, 2014-01-01 Do you like the challenge and adventure of video games As Jane McGonigal was growing up she had fun playing early video games As an adult she saw games as an outlet for problem solving and teambuilding McGonigal started creating alternate reality games ARGs which may be based online but take place mainly in the real world She enjoys challenging others to engage in modern issues and to work together as in her game World Without Oil and in The Lost Ring which she created for the 2008 Summer Olympics McGonigal was named one of the world s top innovators by MIT s Technology Review and her 2010 TED Talk Gaming Can Make a Better World is one of the most watched of all time But how did she get there Find out how she developed her passion for games to become the public face of game design

**Super Better** Jane McGonigal, 2015 A renowned game designer describes how she recovered from a debilitating concussion by turning her therapeutic process into a digital game that became the subject of a major NIH research study

**Imaginable** Jane McGonigal, 2022 World renowned future forecaster game designer and NEW YORK TIMES bestselling author Jane McGonigal gives us the tools to imagine the future without fear Reading this book is like sitting down with a creative optimistic friend and getting up as a new version of yourself Daniel H Pink New York Times bestselling author of When War in Ukraine the COVID 19 pandemic increasingly frequent climate disasters events we might have called unimaginable or unthinkable in the past are now reality Today it feels more challenging than ever to feel unafraid hopeful and equipped to face the future with optimism How do we map out our lives when it seems impossible to predict what the world will be like next week let alone next year or next decade What we need now are strategies to help us recover our confidence and

creativity in facing uncertain futures In *Imaginable* Jane McGonigal draws on the latest scientific research in psychology and neuroscience to show us how to train our minds to think the unthinkable and imagine the unimaginable She invites us to play with the provocative thought experiments and future simulations she s designed exclusively for this book with the goal to Build our collective imagination so that we can dive into the future and envision in surprising detail what our lives will look like ten years from now Develop the courage and vision to solve problems creatively Take actions and make decisions that will help shape the future we desire Access urgent optimism an unstoppable force within each of us that activates our sense of agency *Imaginable* teaches us to be fearless resilient and bold in realizing a world with possibilities we cannot yet imagine until reading this transformative inspiring and necessary book [WIPO Magazine](#) ,2012 *Imaginable* Jane McGonigal,2023-02-07 World renowned future forecaster game designer and NEW YORK TIMES bestselling author Jane McGonigal gives us the tools to imagine the future without fear An accessible optimistic field guide to the future San Francisco Chronicle Reading this book is like sitting down with a creative optimistic friend and getting up as a new version of yourself Daniel H Pink New York Times bestselling author of *When The COVID 19* pandemic increasingly frequent climate disasters a new war events we might have called unimaginable or unthinkable in the past are now reality Today it feels more challenging than ever to feel unafraid hopeful and equipped to face the future with optimism How do we map out our lives when it seems impossible to predict what the world will be like next week let alone next year or next decade What we need now are strategies to help us recover our confidence and creativity in facing uncertain futures In *Imaginable* Jane McGonigal draws on the latest scientific research in psychology and neuroscience to show us how to train our minds to think the unthinkable and imagine the unimaginable She invites us to play with the provocative thought experiments and future simulations she s designed exclusively for this book with the goal to Build our collective imagination so that we can dive into the future and envision in surprising detail what our lives will look like ten years from now Develop the courage and vision to solve problems creatively Take actions and make decisions that will help shape the future we desire Access urgent optimism an unstoppable force within each of us that activates our sense of agency *Imaginable* teaches us to be fearless resilient and bold in realizing a world with possibilities we cannot yet imagine until reading this transformative inspiring and necessary book *Summary of Jane McGonigal's Imaginable* Milkyway Media,2023-01-19 Buy now to get the main key ideas from Jane McGonigal s *Imaginable* Jane McGonigal a game designer and researcher runs simulations that help people imagine future situations And they re not just for games In *Imaginable* 2022 Jane explains how future forecasting can help us deal with potential threats stretch our imaginations and become more resilient and adaptable for when the unthinkable does happen It is important to learn techniques that futurists use in order to train our brains to plan for the future The same techniques will also help us heal from the pandemic induced trauma we have all experienced To help us learn Jane takes us through exercises with multiple future scenarios

## Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Superbetter Jane Mcgonigal**

In a world inundated with monitors and the cacophony of immediate interaction, the profound energy and mental resonance of verbal beauty often disappear into obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, located within the lyrical pages of **Superbetter Jane Mcgonigal**, a interesting perform of fictional beauty that pulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, this enchanting opus manuals visitors on an emotional odyssey, lightly exposing the latent potential and profound influence embedded within the complex web of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is main styles, dissect its charming writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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