



# Superbetter

**LP Steffe**



## **Superbetter:**

**SuperBetter** Jane McGonigal, 2016-09-13 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, 2015-09-15 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: 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 **Games and Learning Alliance** Rosa Bottino,Johan Jeuring,Remco C. Veltkamp,2016-11-21 This book constitutes the refereed proceedings of the 5th International Conference on Games and Learning Alliance GALA 2016 held in Utrecht The Netherlands in December 2016 The 27 revised regular papers presented together with 14 poster papers were carefully reviewed and selected from 55 submissions The papers cover topics such as games and sustainability games for math and programming games and health games and soft skills games and management games and learning game development and assessment and mobile games **Alternative Pain Management: Solutions for Avoiding Prescription Drug Overuse** Management Association, Information Resources,2019-10-25 With the growing dependency on prescription drugs and concerns about the rise of opioid addiction providing effective pain management alternatives is a primary concern for health professionals and all of society Online tools and alternative therapies are becoming more prevalent in supporting the management of pain and provide treatment opportunities for patients who do not want to rely solely on prescription medication Alternative Pain Management Solutions for Avoiding Prescription Drug Overuse is an essential reference source that provides alternative solutions for managing and treating chronic pain including through the use of mobile applications online programs self management strategies and virtual reality Additionally the book promotes a further understanding of pain and how it is diagnosed and reviews pharmaceutical accountability when prescribing drugs for pain management Highlighting a range of topics such as cryotherapy pain assessment and prescription tracking this publication is an ideal reference source for physicians nurses hospital staff surgeons medical professionals pharmacists researchers academics and upper level students *SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver, and More Resilient*

Elizabeth Gilbert, Jane McGonigal, Linda Rottenberg, Sheila Heen, 2014      *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      **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      **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 SuperBetter Jane McGonigal,2017-01

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