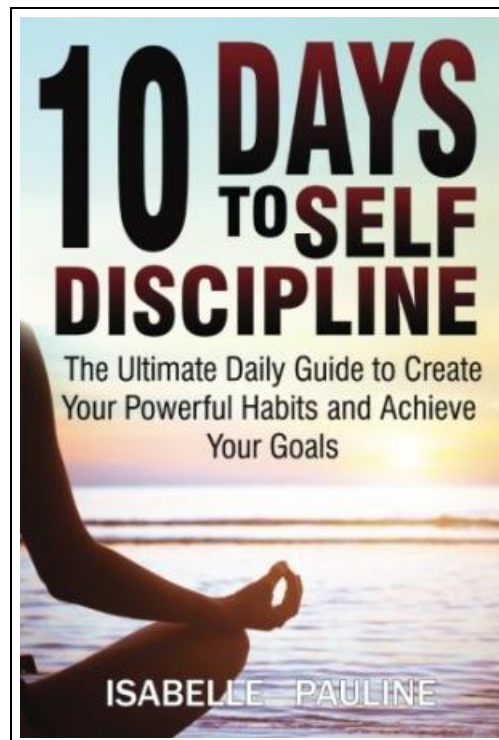


10 Days to Self-Discipline: The Ultimate Daily Guide to Create Your Powerful Habits and Achieve Your Goals



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Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.
(Dr. Kayden Gerlach)

10 DAYS TO SELF-DISCIPLINE: THE ULTIMATE DAILY GUIDE TO CREATE YOUR POWERFUL HABITS AND ACHIEVE YOUR GOALS



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. 10 Days to Self-Discipline: The Ultimate Daily Guide to Create Your Powerful Habits and Achieve Your Goals provides you with a self-help 10 days training that will assist you in gaining control over your unwanted impulses and desires and will make your life easy for once and for all. If you have failed several times trying to convince yourself to be productive and gain success. If you have felt like a loser ever in your life and if you cannot simply take charge of yourself and rein your own horses in the direction you want them to be going then this book is definitely meant for you. It will give you an insight about the forces that reside inside you and stop you from being productive and trap you in the quick sand of impulses, so you know who they are and how they can be tamed. The secret to successful self-disciplining is not to punish yourself till you make it but to be able to convince yourself to accomplish your goals in the most polite manner. This book will give you some amazing tips and tricks that you can use to cut the chains of slavery that your impulses have put on you and make your way to a successful life. This book offers: An understanding of what self-discipline is Recognition of the distractors A brief view on the link between self-discipline and success Practice challenge for learning self-talk A 10 days training to learn self-discipline Tips to tricks to gain control over self So what are you waiting for Grab this book and get started on self-disciplining already. Dont you want to amaze yourself and others around you This...



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