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Ebury Publishing, United Kingdom, 2003. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book. You already have willpower. Everyone does. All you need is to learn how to use it. With just a little practice, willpower can work even when you don't feel inspired, when you are faced with your strongest temptations. And the wonderful news is that willpower isn't something that gets handed out to some and not others. It's simply...

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- Authored by Gillian Riley
- Released at 2003



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