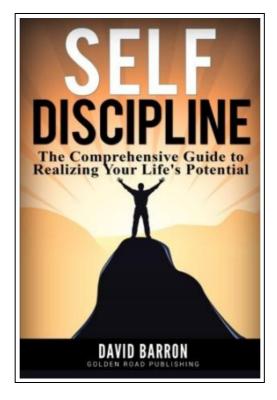
# Self Discipline: The Comprehensive Guide to Realizing Your Life's Potential (Paperback)



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# Reviews

Unquestionably, this is the best operate by any author. It is among the most amazing pdf i actually have read. Its been designed in an remarkably basic way which is just right after i finished reading this pdf by which basically altered me, change the way i believe. (Harold Spencer)

### SELF DISCIPLINE: THE COMPREHENSIVE GUIDE TO REALIZING YOUR LIFE S POTENTIAL (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Comprehensive. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Imagine being equipped with a brain switch that has an on and off mode, which allows you to be the best you possible. How would your life be if you had this brain switch? You would never again skip a gym session or drink another glass of beer or leave that all-important assignment for work until later. What you don't realize is that you do have the strength to create your own brain switch. The one that tells you what to eat, what not to eat, how to successfully complete your daily tasks and much more. The switch is called self-discipline. Self-discipline works much like a muscle. It can be made stronger with training and endurance exercises. So, how does one build their self-discipline muscle? What are the techniques that can be used to develop exemplary willpower and resilience? Self Discipline: The Comprehensive Guide to Realizing Your Life's Potential provides strategies that you can implement so that you can live the life you always wanted. This book is not just another philosophical kind of book that waxes eloquence about self-discipline, but it will actually give you concrete steps and action plans so that you can reach an impressive level of self-discipline. In this book, you will find: Ways to get rid of a bad habit forever Numerous time management hacks Powerful strategies to kill procrastination Proven techniques to finish tasks that you start Ways to build your willpower And much more Curious to learn more? Get your copy of the book today!.



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