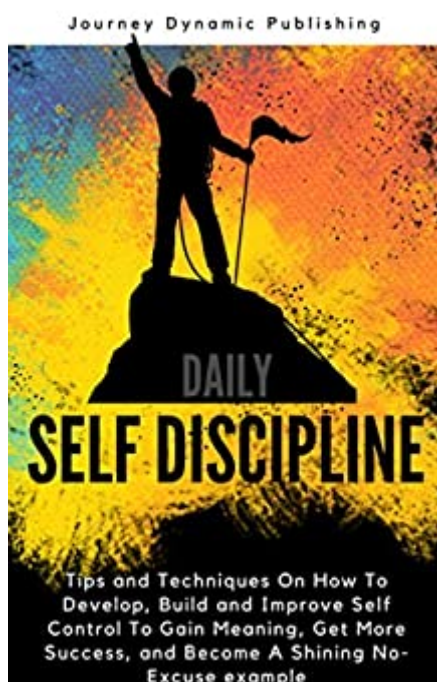


The book was found

Daily Self Discipline: Tips And Techniques On How To Develop, Build And Improve Self Control To Gain Meaning, Get More Success, And Become A Shining No-Excuse Example (Journey Book 2)



Synopsis

Enjoy a Free Gift Inside - Do you feel like you lack self control, your emotions, your actions?- Do you struggle with procrastination?- Do you lack an ability to see a project through?- Having problems staying focused on your goals?- Do you have personal demons you don't know how to get rid of?- Want to solve all these problems and perform at your very best?This book will provide all the solutions...What is the one defining trait that separates high performance individuals from mere mortals?-- SELF-DISCIPLINE --Whatever your time horizon, whether you want to develop self discipline in 10 days or 10 years, this book is designed to give you practical tips and advice that are most life-impactful. It outlines specific to-do list that has allowed past and present figures to achieve great success in their respective discipline. And now you can use it too.Just like you, famous and successful people constantly had to struggle with daily self discipline. And just like how you are about to triumph over it, they beat the game as well.From time immemorial, biblical as well as secular influential figures have demonstrated an uncanny ability to control their emotional state. It is this supremely developed mindset that sowed the seed for some of history most impactful changes.***Download this book for FREE on Kindle Unlimited***You are about to discover...How figures such as Thomas Edison, Michael Jordan, and Arnold Schwarzenegger used mental focus to establish successful habits. But more importantly, how they used failure to cultivate brain training for future obstacles that they had to face. They learned to look deep from within to keep their ego in check and crafted out a strategic sense of self denial for their progress and absolute success. What followed was an individualized system of steps to guide themselves toward self discipline. As with anything successful, ideas are either sought out or passed down to the current crop of high performance individuals.You may recognize these people as famous inventors, athletes, entrepreneurs, entertainers, and even politicians. These modern men and women have also adopted self discipline as their daily nourishment. You can trace their high public achievements and successful commercial ventures back to this seed that they sowed in their mind. And now you TOO can plant this tree of nourishment from the ground up. Come on inside and find out more.A Sneak Peek inside this book:How to set goals & purposesOvercoming mental obstaclesA blast from the pastHistorical figure's unique path to successFrom zero to heroModern break-throughsYour do's & don't's outline to successAnd so much moreInvest the time to nourish your mind and you will reap great rewards. Take action now to change your life in the most profound way.Believe in yourself.tags: discipline, self discipline, high performance, success, daily habit, mindset, brain training, neural pathway, historical figures, modern success, austerity, make grow, self denial psychology.

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Customer Reviews

I've been disturbed these past few days for some personal problems so I broke the wall in immerse myself to self healing activities like meditation and reading books. Glad I saw this one! I'm loving everything I learn from this book. The tips and techniques guided me through the process of deeply knowing thyself, how to control my emotions and be disciplined! You'll feel refreshed the moment you've done reading it. Highly recommended to everyone!

This book helped me set tangible goals that I never did before. It has helped me become more disciplined in all phases of life. I now have a daily ritual of waking up early and planning my day. Go for it.

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