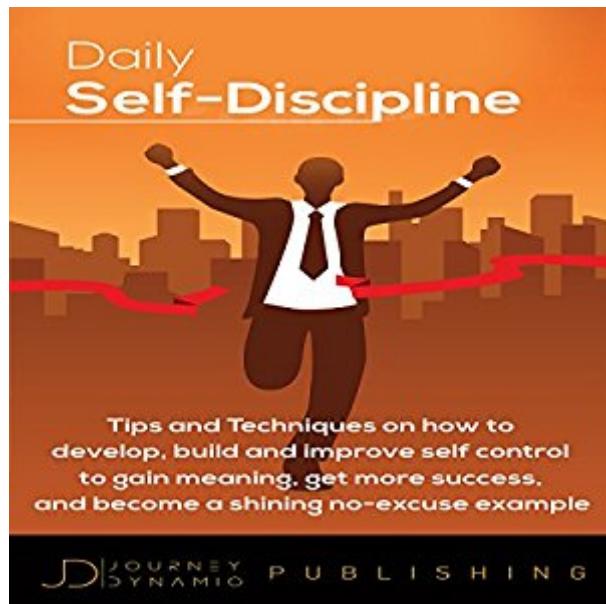


The book was found

# Daily Self Discipline



## Synopsis

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. 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.

## Book Information

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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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