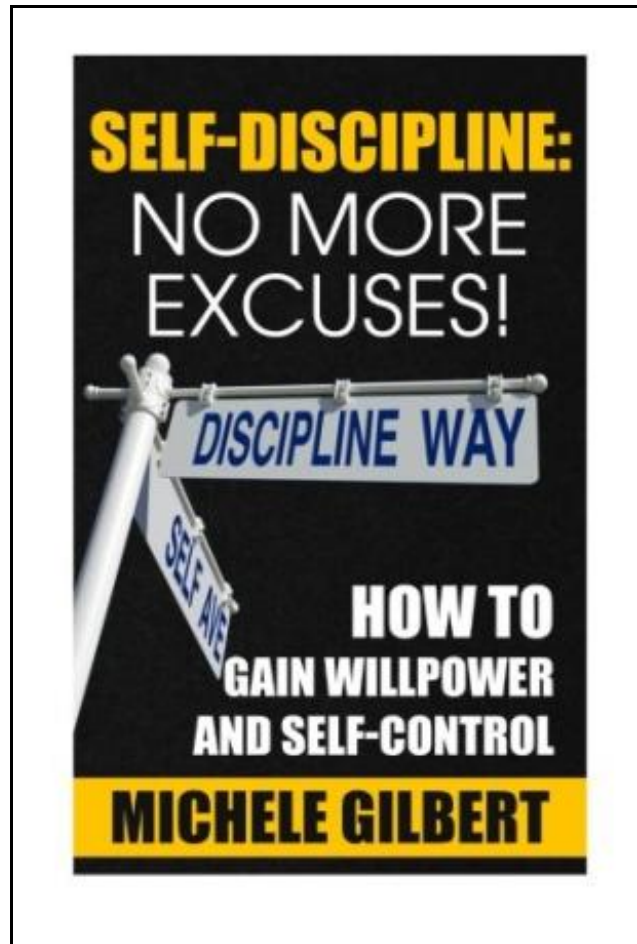


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Know What You Want Your Ideal Life To Look Like? It s easy to understand why some of us have come to regard the idea of self-discipline as something unpleasant, as a way of denying ourselves or by beating ourselves up physically with our demanding exercise regimens, with negative self-talk, or by continuing to deprive ourselves of something we need or love. Fortunately, this has nothing to do with the practice of real self-discipline. Learning to develop self-discipline is an amazing skill that everyone should consider. It s an important and very useful part of a life well lived. It s essential in every facet of your life, and even though people will acknowledge and agree with its importance, very few will do something to strengthen or act on it Learn. Why Self-Disciple Is So Important Describe Your Ideal Life And Then Go Out And Get It. Self-Discipline And The Wealthiest People In The World Self-Disciple And A Healthy Lifestyle Self-Discipline and Self-Discovery 10 Ways To Help Develop Willpower Quotes To Help Keep You Motivated Would You Like To Know More? Tags: Self Discipline, Willpower, Confidence, New Habits, Success, Increase Focus, Self Control, Production, Productivity, Be productive, Making habits, Control, Brain, Brain power, Make decision, Loss of self control, Bad decision, Understanding, Understand self control, Stop procrastination, Procrastination, Succeed in life, Increase willpower, Increase self discipline, Become motivated, Motivation, Use NLP, Good decisions, Decisions, Right decision, Actions, Planned actions, Live happily, Happiness, Happy, Live healthy, Health, Be alert, Alert, Potential, Maximize your potential, Will power, Self-Discipline, Self-Confidence, Procrastination, Be Productive, Improve Confidence, Be Successful, Self Discipline, Willpower, Confidence, New Habits, Success, Increase Focus,...



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