



Self Discipline: Gain Incredible Self Control And Willpower, Increase Self Confidence, Create New Habits, Increase Focus And Succeed!

Ryan Cooper

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Self Discipline Super Human Guide!

Self Discipline Guide To Gain Incredible Willpower and Self Control To Succeed!

This book contains proven steps and strategies on how to quickly and efficiently gain unbreakable self control, willpower, and self discipline in any area of your life!

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If you are suffering from not having self control in your life then you know what it is like to continually be disappointed with yourself. When you don't feel you have control over your decisions, your self confidence also struggles. Also, each time you give in and lose willpower, and make the wrong decision, you lose a little bit of yourself. After all if a friend told you over and over again that he or she would do something, but over and over again they didn't follow through with it, chances are you would stop believing them. This also applies to you, every time you don't follow through with a decision or choice you tell yourself you can't be trusted to reach your outcome! Obviously this is not what we want.

So if you are ready to go all in with proven strategies for self discipline then you will not want to miss out on reading this book.

The most essential characteristics that any given individual should possess in order to succeed in every aspect of their daily life are incredible levels self-discipline, self control, and willpower. These are the indispensable tools that will help you to achieve the goals, dreams, and aspirations that you have set for yourself in as little time as possible. Of course it will still take a certain amount of time to master any skill. However if willpower and self-control are applied even in your daily or short term goals, then you can honestly hope to achieve success even sooner than you might think.

Here Is A Preview Of What You'll Learn...

- Understanding The Factors That Affect Self Discipline, Self Control, And Willpower
- How To Stop Procrastination Fast
- Understanding Bad Decision Making And Loss Of Self Control
- Quick Techniques To Increase Willpower And Self Discipline
- How To Use NLP To Increase Self Control And Willpower
- Meditation Strategies To Increase Self Discipline
- Creating Good Decision Making Habits Using Self Control
- How To Train Your Brain To Make The Right Decision Every Time

- Using Your New Self Discipline Habits To Increase Your Productivity And Maximize Your Potential
- Much, Much More!

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Sarah Maddocks:

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Francis Pilkington:

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Phillip Vargas:

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