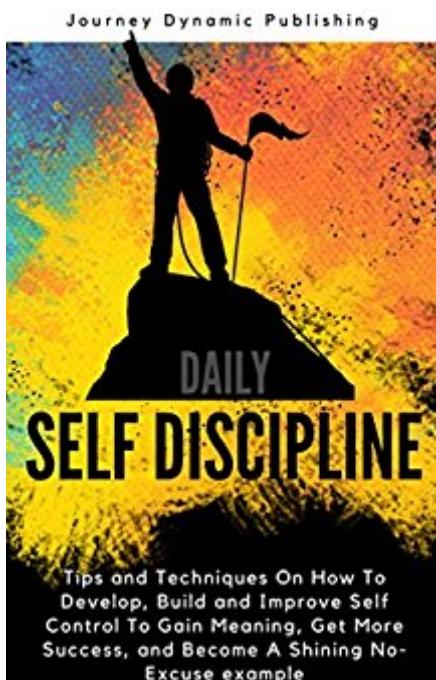


The book was found

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

Ã¢â€žâ€“ Enjoy a Free Gift Inside Ã¢â€žâ€“ - 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 seeked 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'ts 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.

Book Information

File Size: 1263 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 9, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B071GGMFQG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #192,612 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2

in Kindle Store > Kindle eBooks > Arts & Photography > Art > Art History > Regional > Native

American #38 in Books > Science & Math > Chemistry > Molecular Chemistry #50

in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Science & Math

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.

[Download to continue reading...](#)

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)
NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL:

Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1) Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline) Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals Self-Discipline for Entrepreneurs: How to Develop and Maintain Self-Discipline as an Entrepreneur NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! (EQ Mastery) Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) How to Draw and Paint Portraits: Learn how to draw people through taught example, with more than 400 superb photographs and practical exercises, each designed to help you develop your skills Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) How to Purchase and Develop Commercial Real Estate: A Step by Step Guide for Success (How to Develop Commercial Real Estate Book 1) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Discipline Your Mind: Control Your Thoughts, Boost Willpower, Develop Mental Toughness Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) Self Discipline: Develop powerful mindsets to manifest your dreams Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help