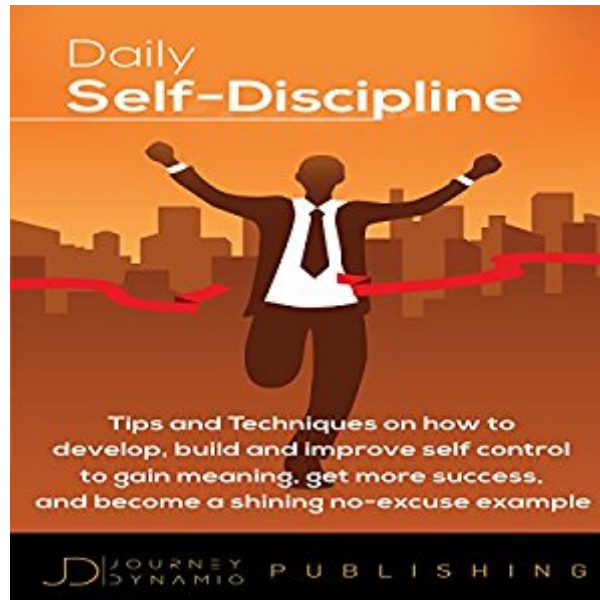


The book was found

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

Audible Audio Edition

Listening Length: 45 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Journey Dynamic Publishing

Audible.com Release Date: July 14, 2017

Language: English

ASIN: B073VZ2W5S

Best Sellers Rank: #46 in [Books](#) > [Audible Audiobooks](#) > [Science](#) > [Chemistry](#) #151

in [Books](#) > [Science & Math](#) > [Chemistry](#) > [Molecular Chemistry](#) #292 in [Books](#) > [Audible Audiobooks](#) > [Arts & Entertainment](#) > [Art](#)

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...](#)

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) 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) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) 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) Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills Self-Discipline: Spartan Discipline for the Modern Man 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 Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) 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) Daily Self Discipline Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems (Positive Discipline Library) Positive Discipline for Preschoolers: For Their Early Years--Raising Children Who are Responsible, Respectful, and Resourceful (Positive Discipline Library) Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series Daily Mail Big Book of

Cryptic Crosswords Volume 5 (The Daily Mail Puzzle Books) by Daily Mail (2-Jun-2014) Paperback

The Daily Power Journal - (Durable Cover): An Effective Five Minute Journal Tool For

Self-Exploration, Daily Gratitude, Productivity, & Happiness 6" X 9" Stretch and Pray: A Daily

Discipline for Physical and Spiritual Wellness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)