



Self-Discipline: Habits and Exercises to Develop Discipline and a Willpower That Will Make You More Successful

Harvey Segler

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The Self-Discipline Secrets Are Now Revealed and You Can Get To Know Them Right Away

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Today only, get this Amazon bestseller for only \$8.97! Regularly priced at \$11.97. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover how to develop a self-discipline that will make you more successful than you ever could imagine! Sure, you could be talented. You could be born with the "right" parents or win on horses. However, with the right willpower you get anything you want, without luck and without any special benefits. Did Tim Ferris get a contract with the first publisher he asked? No. With the second? No. He asked over twenty publishers before he got his book published and now it is a world wide best seller. He could have given up at any point but he did not. He had real self-discipline and a huge willpower. Did any athlete win the world championship on first try? Yes, some have but not everyone. Not even a majority. Most of them developed a self-discipline and a willpower no one else could break. They went to practice twice or three times a day for years before they got their medal. Before they got famous and before they made any big money. Do you want this sort of self-discipline? Do you want this sort of willpower? Well, then this is the book for you.

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

- Your Greatest Fight is against Yourself
- How to Live a Successful Life: Part 1
- Stop Complicating the Simple
- The Problem With "Do What You Want" Thinking
- Are You Really Free... Really?
- Freedom is an Option, and is Found Within Options
- Willpower 101
- How to Live a Successful Life: Part 2
- The Science of Willpower
- Putting it all Into Practice: Developing Self-Discipline and Willpower
- Much, much more!

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