



Self Discipline: Everything You Need To Know To Build Rock-Solid Self Discipline (Lifestyle University) (Volume 5)

Walter James Brown

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“Discipline Is The Bridge Between Accomplishments And Goals”

- Are you tired of pursuing your goal without seeing any result?
- Do you want to know why ‘thinking positive’ hasn’t worked out for you yet?
- Are you wondering when you are actually going to achieve your goals?
- Is Self-Discipline something you are struggling with and do you want to know how to become disciplined like no one else?
- Do you have low Self-Esteem/ Confidence and are you wondering why?
- Are you wondering why some people are able to have rock-solid Self Discipline and you aren’t?
- Are you procrastinating continuously and do you want to know how to overcome this?
- Are you someone who knows, I mean deeply knows, that you are able to achieve anything you want but haven’t produced any significant result yet?
- Is the lack of Self Discipline destroying your life?
- Are you the type of person who is ‘always busy’ while never getting anything done?
- BONUS: Do you want to receive the audiobook version of the Paleo Diet (the first book of the Lifestyle University installment) for FREE?
- Or do you just want to know some more about Self Discipline?

Stop looking for articles, bad advice or crappy books and find out now by purchasing "Self-Discipline: Everything You Need To Know To Build Rock-Solid Self-Discipline!"

The Author and Self Discipline

“When I was younger I would always dream about the future and the success I would get. I don’t know why, but I firmly believed that I would become very successful and that I would help others to achieve the success they wanted as well. While my mindset was very good, it lacked one thing: Self-Discipline. I certainly was someone who would take action. I would do the one thing after another and fully immerse myself in it. Sometimes I even became exhausted or burnout and neglected a lot of important things in my life. And the fact that I did this, wasn’t because I wasn’t motivated enough. In fact, I was one of the highest motivated kids of my environment. But I just didn’t manage things the right way. Due the fact that I was so over the place, I would never fully excel at things. However, throughout the years, I have discovered how to build rock-solid Self-Discipline. With this book, I want to share with you how I did it.” - Walter

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

- What Self Discipline exactly is.
- Why it is ‘normal’ that you never have learned how to cultivate Self Discipline.
- The top 10 reasons why you need to cultivate Self Discipline.
- How ‘going outside your comfort zone’ too much can actually hurt you.

- What the 4 pillars of rock-solid Self-Discipline are.
- How to set proper goals in your life.
- What motivation exactly is and why most of us misinterpret it.
- What habits are and how to truly implement or remove them.
- Why willpower is just a small segment of rock-solid Self Discipline and how to cultivate it.
- How to actually build rock-solid Self Discipline.
- And last but not least, how to receive my BONUSSES.

All your questions will be answered! **Download your copy now!** Take action now by downloading this book and start learning everything you need to know to build rock-solid Self Discipline and finally start achieving your goals! Tags: Self Discipline

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From reader reviews:

Debbie Davis:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their own spare time to take a walk, shopping, or went to often the Mall. How about open or perhaps read a book allowed Self Discipline: Everything You Need To Know To Build Rock-Solid Self Discipline (Lifestyle University) (Volume 5)? Maybe it is to be best activity for you. You understand beside you can spend your time along with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have additional opinion?

Carl Adams:

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Frank Quintana:

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