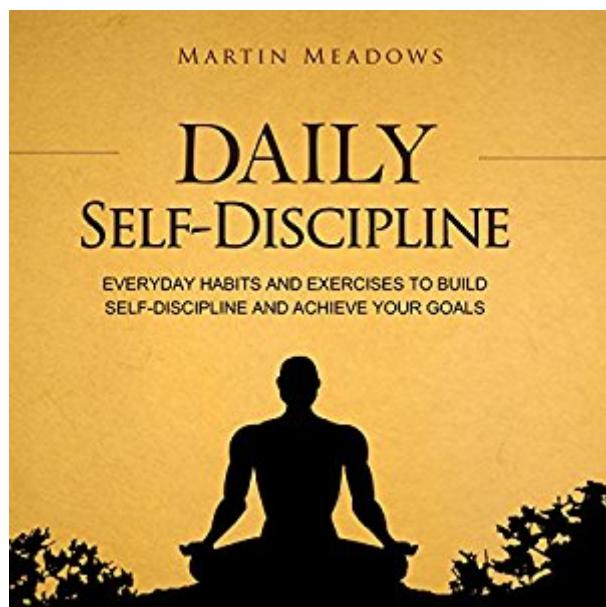


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# Daily Self-Discipline: Everyday Habits And Exercises To Build Self-Discipline And Achieve Your Goals



## **Synopsis**

Do you make goals yet get discouraged when your plans don't work? We all know those people who seemingly were born to succeed. Fitness, health, business - they achieve all their goals. You want that success, and know you can get it... but how? Everywhere you turn, there are obstacles that block your path. Being successful doesn't mean avoiding them; it means meeting those obstacles head on and pushing through. You need the self-discipline and willpower to see you through to the end. You need the tools that will enable you to have that self-discipline and willpower. Daily Self-Discipline has those tools. In this audiobook, you'll learn methods to: Develop powerful self-discipline by building a fit body and mind Thrive in the face of adversity, cravings, temptations, and discomfort and feel good about it Develop key self-awareness skills to push yourself through to your goal Gain a clear vision of how self-discipline works that will inspire you to carry on no matter what Keep pushing when nothing seems to work and you're on the verge of giving up Each second of this book is designed to help you build the self-discipline that leads to the resiliency and mental strength you need on a daily basis. Simple, everyday exercises and habit-forming practices will teach you the skills you need to overcome obstacles and have confidence in yourself and your path to success.

## **Book Information**

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## **Customer Reviews**

I am retired military, special operations type, and have studied and applied self discipline to many areas of my life. What I like most about this book is the author doesn't waste time typical "rah-rah

you can do it fluff", he gets right to the point with specific ways to increase your self discipline in your daily life. He gives you points of research to validate his points and is a straight shooter telling you it takes work. He could give many more examples and add pages to the book, but the concepts are applicable to any area you want to improve.

This book helped me realize the source of my successes and failures. I was depending on situational vs. committed daily self-discipline.

I enjoyed this book. I'm a firm believer in self discipline as the best way to be productive, lose weight, etc., but it's never been easy for me to put into practice. This book has helped me with key insights and routines to help me get on track.

Martin Meadows delivers again with a clear, concise and eminently practical manual on the fundamental quality to all forms of success in life. The focus, as always in his books is on practical exercises and techniques, rather than excessive theory or demonstrations of how clever and outstanding the author is. This is definitely a necessary, go-to manual for any kind of self-development work, whether you are a beginner or highly advanced in that area.

I am always looking for ways to be discipline in order to get things done and have control over myself. This book has provided me with tips and ideas on to build discipline in my life on a daily basis. I thought it was a matter of sheer willpower but it comes down to what we practice on a daily bases. Powerful Book

Beautiful and easy to read

Reading the book felt like having a friend guiding me. The tone was very informal yet very informative. I no longer feel bad after all, 'all the tricks offered in the book are very doable

Very good book, fast read, but exactly what I was looking for. Would recommend to anyone that needs a reminder, a few new tools or simply wants to start acting with more self discipline

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