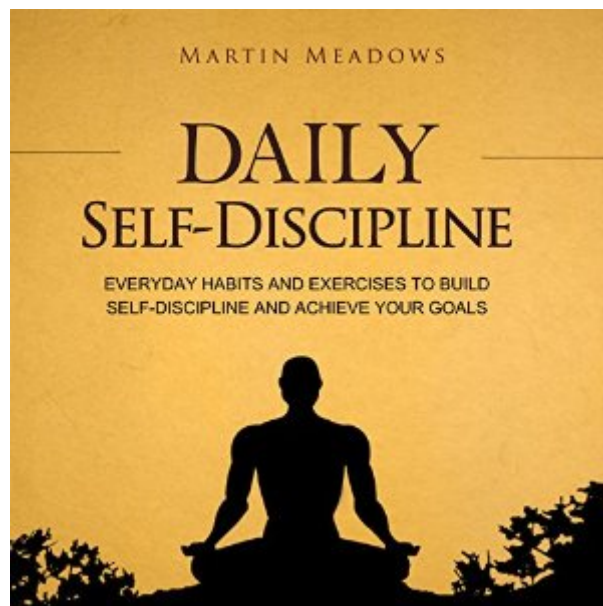


The book was found

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'm almost there. I eat wild caught salmon, local grass fed beef and yogurt, cheese and butter from grass fed cows. We eat eggs from our own happy chickens, organic produce from our garden,

the farmers market, or frozen from the grocery store. We regularly drink green smoothies made with organic greens and berries and mostly skip breads and sugar. I buy very little processed food. We go to a hot springs pool full of healing minerals and no chlorine three times a week where I do high intensity interval training and sit in the sauna or relax in a 106 degree therapy pool. I ride my recumbent tadpole trike and enjoy the gorgeous view of eight fourteen thousand foot mountains as I pedal home. My dear, sweet husband of 49 years and I lived 13 years in an RV in less than 400 square feet and loved the simplicity. Still do even though we are now in a house. But one thing I don't do is lose weight. In spite of all I have learned in my 70 years, I still gained valuable insights from this book and mistakes I am making came into clearer focus. For example, I spend too much time sitting in front of the computer doing research for my books because it is so much fun that I don't make myself stop. If I do manage to stop, I go grazing through the kitchen. If we are out and about and my husband suggests ice cream, I usually get some, too. I get too frazzled and peevish at times instead of remaining calm and grateful for the many, many things I have to be grateful for. I love the challenge I read about in the book of not complaining for 21 days. I failed by 2PM on the first day but I was aware that I had complained and that feels like a huge step in the right direction. The book is not preachy. It doesn't point fingers and condemn. It is encouraging without being sappy.

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