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Jason Thompson, Emma Jones

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Self-Discipline Workbook Develop Discipline And Achieve Your Life Goals HOW WILL THIS BOOK HELP YOU? If you are ready to reinvent yourself, get unstuck and create the life you want this is the perfect tool to help you transform and discover a new life of increased happiness. Self-Discipline is a muscle that can be trained by anyone, anytime, anywhere. The more you use it the stronger it grows. The strategies from this workbook will boost your willpower to keep you headed in the right direction for achieving your goals. Learn step-by-step techniques to help you: Figure out what you love to do.Set up and achieve goals that will enrich your life.Overcome negativity, worry and mental toughness.Take back control of your lifeFoster compassion for yourself and others.Develop willpower and self-discipline through daily exercise and practice . Self Discipline and Willpower are the most important predictors of success in life. The choice is yours and only yours, what will it be?

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