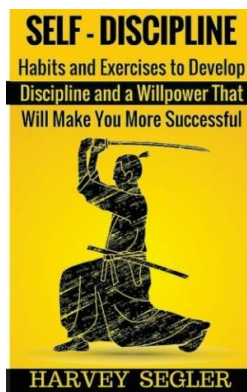


## Self-Discipline: Habits and Exercises to Develop Discipline and a Willpower That Will Make You More Successful



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