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Willpower and Self Control: Strengthen Your Willpower Today with Mind Performance Hacks to Achieve Your Full Potential

By Alexander Bukowski

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Increase Your Willpower And Realise Your Full Potential Self-control and willpower are the pillars of your inner strength. This strength can be stored and used whenever necessary, much like a battery. When the battery of your inner strength is fully charged, you can use its power for a variety of purposes. Conversely, when you charge the battery of your inner strength on a regular basis, you can use its power at your disposal each time you need it. What is willpower? Willpower is basically a form of inner strength expressed as the determination to act on and carry out decisions and plans, despite discomfort, laziness, external obstacles, and internal resistance. Willpower includes the concepts of assertiveness, inner power, and decisiveness. It is actually the inner power that allows you to ignore temptations, disturbances, and distractions, which may prevent you from fulfilling your duties and achieving your goals. Also, willpower provides you with the confidence and strength you need to agree and disagree with others and to express opinions without giving in to pressure or being swayed by the...



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