



Self-Discipline, Jealousy, Anger Management: 3 Books in One - Self-Discipline: 32 Small Changes to Life Long Self-Discipline and Productivity, . Freedom, Anger Management: 7 Steps to Freedom (Paperback)

By Ryan James

SD Publishing LLC, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Self-Discipline, Jealousy and Anger Management: 3 Book Box Set This book includes: Self-Discipline: 32 Small Changes to Create a Life Long Habit of Self-Discipline, Laser-Sharp Focus, and Extreme Productivity Jealousy: 7 Steps to Freedom from Jealousy, Insecurities and Codependency Anger Management: 7 Steps to Freedom from Anger, Stress and Anxiety Anger, Jealousy and the lack of Self-Discipline can ruin many different things in life, from your health to your career, to relationships and friendships. It's time to get this problem under control. In this 3 book box set, you will learn: Part 1 - Self-Discipline Step-by-step easy-to-follow guides for boosting self-awareness so you can recognize and fight distractions Little things that you need to stop doing - or thinking - because they damage your productivity and forbearance Exercises that build inner strength and character The changes in mind-sets that you need to make in order to reinforce self-discipline Ways to manage temptation and maintain focus Techniques and practices that will enable you to stay on track Part 2 - Jealousy The meaning of jealousy and the varied myths and misconceptions surrounding this emotion. The different types of...



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