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People who accomplish great feats owe their successes not to luck, but to the sheer ability to control their desires and to keep themselves from being complacent with what they currently have. Successes and failures should not be grounded on fortune or the lack thereof because they are more tied to how we live through self-discipline. Most people do not realize it, but they possess a lack of self-discipline in the things they strive for. For example, people who have weight loss goals would still binge on junk food (in other words cheat) if they feel eating a small potato chip would not suddenly lead to a bloated figure. Another is how smokers keep making promises on breaking their habit, reverting back after just a few days of nicotine-free lungs. Students themselves need more practice in maintaining self-discipline, particularly in studying for exams and making projects for certain subjects. Self-discipline is a huge factor defining our seriousness towards the goals we want to achieve. Perhaps, it could be the greatest challenge to hurdle, since the greatest enemy we have to face is ourselves. Here's just a sample of what you are about to learn from this book: How to ZAP away roadblocks preventing you from achieving your goals. Learn how to set S.M.A.R.T goals Know how to strengthen your endurance and tolerance How you can harness the power of accountability How to visualize your long term rewards Strategies on how to effectively get up from the slips And much much more

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