

RNdGY [Free PDF File] Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals

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Do you make goals yet get discouraged when your plans don't work? We all know those people who seemingly were born to succeed. Fitness, health, business - they achieve all their goals. You want that success, and know you can get it... but how? Everywhere you turn, there are obstacles that block your path. Being successful doesn't mean avoiding them; it means meeting those obstacles head on and pushing through. You need the self-discipline and willpower to see you through to the end. You need the tools that will enable you to have that self-discipline and willpower. Daily Self-Discipline has those tools. In this audiobook, you'll learn methods to: Each second of this book is designed to help you build the self-discipline that leads to the resiliency and mental strength you need on a daily basis. Simple, everyday exercises and habit-forming practices will teach you the skills you need to overcome obstacles and have confidence in yourself and your path to success.

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