



Self-Discipline: The Essence of Self-Discipline: How to Increase Your Willpower and Self- Discipline to Achieve Your Goal (self control, self confidence, willpower, achievement, motivation)

Jamie Botello

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It's easy to say that one must impose discipline on oneself to be successful in life. But, very few people are able to do it for a lifetime. If you are aiming to regulate yourself with self-realization, this is the best thing in life rather than doing it just because somebody told you to do so.

The Essence of Self-Discipline aims at helping you develop a strong character so that you can set your goals for life with a clear picture and become responsible for your actions. It is very important to learn a few things early in life like time management, work with concentration, finance management, lead a healthy life, etc. because there is no use repenting later. And all these goals can be achieved by disciplining yourself.

What Will I learn In This Book?

- Goal setting
- Persistence and courage
- How to develop a strong character
- How to achieve personal excellence
- Develop professional success
- Create new habits and behaviors
- And much much more!

All the events in our life work in conjunction with each other and it depends on us how we establish

coordination between them. When you will go through this book, you will find a lot more help than expected to discipline yourself.

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