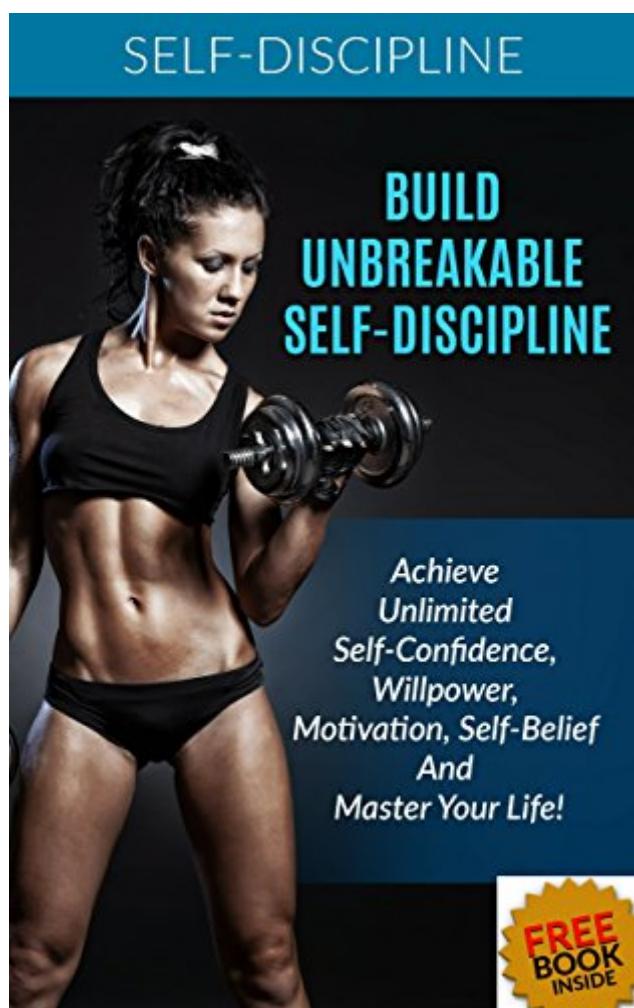


The book was found

Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self Control, ... Self-Confidence, Self-esteem, Organizing)





Synopsis

Download Now! This book has a 100% Money Back Guarantee. If these principles don't work for you, send it back. No questions asked! Ready to build your self-discipline? So what are you waiting for? Scroll up, click the buy button & get started today! Some previous readers' thoughts: "I enjoy reading Kristina's books, they are always so powerful. "Many people choose instant gratification. Few choose the far off rewards of persistent and purposeful actions." She talks about the key elements of self discipline: acceptance, will power, hard work, persistence. "Your life will reach a whole new level."

Book Information

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Customer Reviews

Bought this book because I was finding it harder to focus my mind that I always ended up in trouble because of it. I should say it's a good read with lots of advice given along with strategies to achieve them. Most of the things that it says at the start of the book were bad practices I had in my life. I'm really poor in decision making even though I'm really good at studies. I feel that I'm a person who works more with the heart than with the brain thus ends up taking decisions with all that emotions. I was the last to hand over the project given at university hence it was a late submission. I felt bad about myself. Whenever I remember about the project I keep postponing thinking that I've got

enough time. I go to a gym but not regularly. I want to build up muscles. But I can't dedicate to it. After reading this I understood that I was seriously lacking self discipline. To sum up what it says in the book "Consistently take the higher road and you'll achieve your biggest goals, reach greatness and may even change the world. Take the easy way out too often and you'll live a life of mediocrity, constantly disappointing yourself. " It's the decisions which may be big or small that make up our destiny. Last assignment given to us at the university I was the fourth to handover it and I felt really happy about it. I understood the distance to the gym discourages me to go to it so I bought a set of heavy weights and a machine. I feel more disciplined and I can concentrate on some work after reading this and following the strategies given. Believe it's not that easy. It needs hard training of your mind which is actually being taught by the book. Saying no to certain things, in order to free up valuable time and mental space to focus on the things that truly matter I believe helped me to make the change. Considering what I've gained I recommend this book to any one who wants to build self discipline.

A quick and easy read on self discipline! Self-discipline is a key aspect of being successful in life. Self discipline is probably the most important to have when you are trying to achieve anything, specially in our current lives which are constantly bombarded with distractions. This book gives emphasis on how one can succeed through self-discipline. It teaches guides to make simple changes in life and focus on self-improvement. This will guide you in building up the confidence and motivation you need in order to pursue your dreams. This is truly a great guide in having the willpower to succeed in whatever you want to do. If you really want to gain that kind of discipline, then this book can help you with that. I highly recommend this to everyone in need of some self-encouragement.

Self discipline is a very important factor in everybody's life because without it you can't focus on anything and achieve great things. I am really glad that I found this book because it helped me build great self discipline and finally focus on my goals. I definitely believe that this book is something everybody should read and understand and I strongly recommend it !

I think this book had a few helpful ways that will help to gain and then practice self-discipline, but that's only about 15% of the book. The rest is just reason upon reason of why having self-discipline is important. Just kind of going over why I bought the book in the first place.

One of the best books ever written on the subject. Worth reading! This is indeed a comprehensive and instructive guide for personal transformation. This book help me exploit inner innate skills and foster positive thinking to bring out the best in life three-hundred-sixty-degrees. This is a mindset changer, probably if one will follow this book. The practical tips and strategies are really time-tested and indeed effective.. Every tips that one would need for exploiting motivation are covered in this book . It also tackles difficulties one may encounters when one begins training and the methods of overcoming these problems. Recommended!

I enjoy reading Kristina's books, they are always so powerful. "Many people choose instant gratification. Few choose the far off rewards of persistent and purposeful actions." She talks about the key elements of self discipline: acceptance, will power, hard work, persistence. "Your life will reach a whole new level when you stop avoiding and fearing hardworking and simply surrender to it." Her perspective on things is enlightening. After reading the book I feel more motivated and I feel like I have a new sense of persistence. Thank you Kristina for another life changing read.

I love this book so much I am going to apply what I learned from this book towards building self discipline in my life. I have learned from reading this helpful book that self-discipline is the ability to get yourself to take action regardless of your emotional state. I also learned that you have to stop making excuses and work hard to develop will power and self-discipline. I love how specific the author is on how to build self-discipline. I also love how fast my book was digitally downloaded to my kindle library. I was able to read within seconds of purchase.

This book started with a very strong statement by Harvey Mackay. This book is all about importance of discipline and how we can learn self-discipline. The author had a very good style of writing. Many sentences and phrases were similar to my life. The example of this book were very interesting and often happens in our life. I loved every code of this book and it motivated me so much. With self-discipline almost everything is possible. Acceptance, willpower, hardworking and persistence were the four pillar of self-discipline and you will get tips to achieve these four pillars step by step. Got a chance to learn many things and build up my confidence.

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