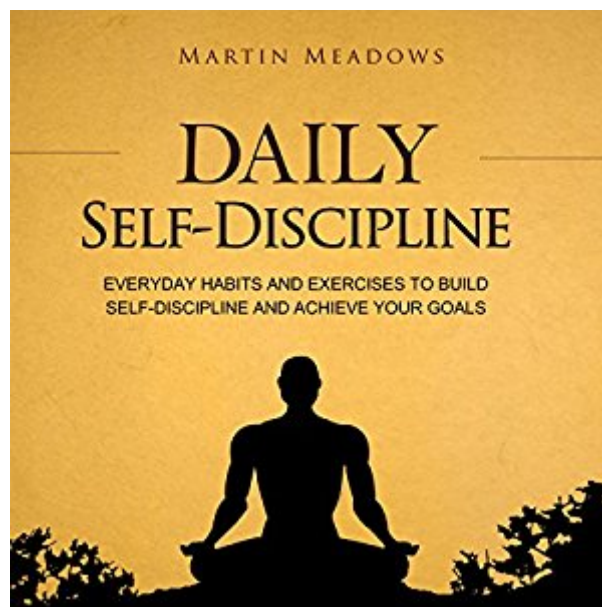




Ebook Directory
the best source of ebook

The book was found

Daily Self-Discipline: Everyday Habits And Exercises To Build Self-Discipline And Achieve Your Goals



Synopsis

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: Develop powerful self-discipline by building a fit body and mind Thrive in the face of adversity, cravings, temptations, and discomfort and feel good about it Develop key self-awareness skills to push yourself through to your goal Gain a clear vision of how self-discipline works that will inspire you to carry on no matter what Keep pushing when nothing seems to work and you're on the verge of giving up 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.

Book Information

Audible Audio Edition

Listening Length: 2 hours 31 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Meadows Publishing

Audible.com Release Date: December 3, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B018UXC0U6

Best Sellers Rank: #5 in Books > Medical Books > Psychology > Applied Psychology #14 in Books > Self-Help > Stress Management #20 in Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology

Customer Reviews

I am retired military, special operations type, and have studied and applied self discipline to many areas of my life. What I like most about this book is the author doesn't waste time typical "rah-rah

you can do it fluff", he gets right to the point with specific ways to increase your self discipline in your daily life. He gives you points of research to validate his points and is a straight shooter telling you it takes work. He could give many more examples and add pages to the book, but the concepts are applicable to any area you want to improve.

This book helped me realize the source of my successes and failures. I was depending on situational vs. committed daily self-discipline.

I enjoyed this book. I'm a firm believer in self discipline as the best way to be productive, lose weight, etc., but it's never been easy for me to put into practice. This book has helped me with key insights and routines to help me get on track.

Martin Meadows delivers again with a clear, concise and eminently practical manual on the fundamental quality to all forms of success in life. The focus, as always in his books is on practical exercises and techniques, rather than excessive theory or demonstrations of how clever and outstanding the author is. This is definitely a necessary, go-to manual for any kind of self-development work, whether you are a beginner or highly advanced in that area.

I am always looking for ways to be disciplined in order to get things done and have control over myself. This book has provided me with tips and ideas on how to build discipline in my life on a daily basis. I thought it was a matter of sheer willpower but it comes down to what we practice on a daily basis. Powerful Book

Beautiful and easy to read

Reading the book felt like having a friend guiding me. The tone was very informal yet very informative. I no longer feel bad after all, 'all the tricks offered in the book are very doable

Very good book, fast read, but exactly what I was looking for. Would recommend to anyone that needs a reminder, a few new tools or simply wants to start acting with more self discipline

[Download to continue reading...](#)

Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals
NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY

SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1) Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) C  f   mo Construir la Autodisciplina [How to Build Self-Discipline]: Resiste Tentaciones y Alcanza Tus Metas a Largo Plazo [Resist Temptations and Achieve Your Long-Term Goals] Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) 2017          2018 Student Planner; Goals. Achieve. Repeat.: 6         x9          Academic Planner and Daily Organizer, August 2017           July 2018 (Daily and Weekly Planners, ... for College, University and High School) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals Daily Self Discipline: Tips and Techniques On How To Develop, Build and Improve Self Control To Gain Meaning, Get More Success, and Become a Shining No-Excuse example (Journey Book 2) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Better Running Goals: The Step-by-Step Guide to Setting Goals for Your Body, Mind, and Lifestyle Picking and Sticking with New Year         s Resolutions beyond January (Inspiration, quick read): On the road to your goals (New Year's Resolution, goals, organization) Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) Daily Planner - Personal: Day Planner (Weekly at a glance layout with goals * Start any time of year * 52 spacious weeks * Large softback 8          x 10          ... Wonder Woman] (Daily Planners & Organizers) Rich Habits: The Daily Success Habits of Wealthy Individuals Diet & Exercise Discipline for Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations Self-Discipline for Entrepreneurs: How to Develop and Maintain Self-Discipline as an Entrepreneur

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)