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excuses) written by  
Brian tracy Navy Seal

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BUILD Self-Discipline  
& EXTREME~~

~~OWNERSHIP | Jocko  
Willink & Lewis~~

~~Howes *The Power Of  
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Most people think  
success comes from  
good luck or

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enormous talent, but

many successful

people achieve their

accomplishments in a

simpler way: through

self-discipline. No

Excuses! shows you

how you can achieve

success in all three

major areas of your

life, including your

personal goals,

business and money

goals, and overall

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Discipline. You don't  
Toughness  
willpower And  
Create A Life Of  
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special skills...but

what you do need to

succeed in any of

your life goals is self-

discipline.

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discipline is one of the

most important life

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skills everyone should  
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Discipline Is Not A  
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For Ultimate Success.  
Without Self-

Discipline, Everything  
Else Falls Apart. The  
Biggest Rewards That  
Life Has To Offer Are  
Only Attained  
Through A Long,  
Sustained Period Of  
Focused ...

Success

*The Power of Self-*

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*The Power of Self-  
Discipline PLR*

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*Review*

Self discipline means self control, which is a sign of inner strength and control of yourself and your reactions.

This skill gives you the power to stick to your decisions and follow them through, without changing your mind, and is

therefore, one of the

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important  
requirements for  
achieving success  
and accomplishing  
goals.

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*Self Discipline*

*Benefits and*

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Discipline Summary  
In No Excuses!:

Author says that the  
two enemies which

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doesn't allow people

to get success is

laziness,

(procrastination) and

the other thing that

they want immediate

gratification: means

people don't consider

the long-term

consequences of the

actions they take

today, his book NO

Excuse will show you

how you can achieve

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Success in all three  
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life.

Resist  
Temptations

*No Excuses!: The  
Power of Self-  
Discipline Summary -  
See Ken*

When you master self-  
discipline, you live a  
great life. You get  
more done in less  
time, and you feel  
happier, more fulfilled,

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and more satisfied.

Self-discipline, "the ability to do what you should, when you

should do it, whether

you feel like it or not" is the key to true success.

*The Miracle of Self-Discipline by Brian*

*Tracy*

Self-discipline is not a neat little trait that we



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Self-Discipline  
can choose to have. It  
is THE trait for  
ultimate success.  
Without self-  
discipline, everything  
else falls apart.

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Of Self ...*

Thus, self-discipline is  
the key to personal  
greatness. It is the  
magic quality that

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opens all doors for

you and makes

everything else

possible. With self-

discipline, the

average person can

rise as far and as fast

as his talents and

intelligence can take

him.

*POD - No excuses*

*ebook*

Brian Tracy no

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excuses the power of  
self discipline

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By practicing self-  
discipline, you  
become a new  
person. You become  
better, stronger, and  
more clearly defined.

You develop higher  
levels of self-esteem,

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Self-respect, and  
personal pride. You  
move yourself up the  
ladder of human  
evolution and become  
a person of higher  
character and resolve.

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Self Discipline Brian  
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Vibes ...

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You don't need to  
have been born under  
a lucky star, or with  
incredible wealth, or  
with terrific contacts  
and connections, or  
even special  
skills...but what you  
do need to succeed in  
any of your life goals  
is self-discipline.



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Unfortunately, most people give in to the two worst enemies of success; they take the path of least resistance (in other words, they're lazy) and/or they want immediate gratification; they don't consider the long-term consequences of the actions they take

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today. No Excuses!

shows you how you  
can achieve success  
in all three major

areas of your life; 1.

Your personal

goals.2. Your

business and money

goals.3. Your overall

happiness. Each of

the 21 chapters in this

book shows you how

to be more disciplined

in one aspect of your

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life, with end-of-chapter exercises to help you apply the "no excuses" approach to

your own life. With

these guidelines, you can learn how to be

more successful in

everything you do -

instead of wistfully envying others who

you think are just

"luckier" than you. A

little self-discipline

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Self Discipline  
Resist  
Temptations  
goes a long way...so  
stop making excuses  
and read this book!

Control  
Impulses Boost  
Mental  
Toughness  
With Self Discipline,  
all things are possible.  
Without it, even the  
simplest goal can  
seem like the  
impossible dream."~

Winpower And  
Create A Life Of  
Success  
Abundance  
Theodore Roosevelt  
Do you often find  
yourself struggling to  
resist your unworthy

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Self-Discipline  
You could resist any temptations and race like a horse with its blinkers on. Imagine

having a vast reservoir of willpower to handle difficult things smoothly. The

Power of Self-Discipline will help you truly understand the underlying

reasons why people succumb to their

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worst temptations and

impulses, despite

being rational

humans. This book

will equip you with

actionable strategies

to strengthen your

willpower muscles.

You will find the

strategies, that are

fully backed up by

neuroscience and

psychological

researches conducted

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Self-Discipline experts

of the world. Som

Bathla has already

written multiple

bestselling books

about upgrading

mindset & enhancing

human performance.

In this book, he lets

you wear unique

inward lenses to help

you see your inner

critic self (that derails

you) and further



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Discipline Can Help

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and economics of why

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humans & what to do

about it. Why False

Hope Syndrome

seriously destroys

your dreams, and how

you can overcome

this? How to Beat

Instant Gratification,

Resist Temptations,

and Distractions,

Overcome Laziness

Identify the

psychological factors

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that drain your willpower without you knowing it. Learn why a rational human

being chooses one

single reward instantly, when he can get double in two

minutes? How What-

The-Hell Effect

drowns you deeper into your indulgences,

and the ways to

control it. What

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Discipline & Learn

Powerful Habits To

Strengthen Your

Willpower Muscle

Leverage the power

of our Prefrontal

Cortex's three part

structure to boost

your willpower. How

"Energy Budget

Model" governs your

behaviour and ways

to optimize it. How

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Using Commitment

devices enables you  
to stay disciplined.

How lack of sleep

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a bad person The

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Strategies to avoid

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and make rational

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World's Most

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develop your grit and

self-control. How 4X4

breathing technique

can help to you

immediately regain

your calm even during

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highly stressful

situations. Self-

discipline is the key to

execute most difficult

tasks, and sets apart

the achievers from the

ones who remain in

mediocrity for life.

Don't settle for

mediocrity, as you

can achieve whatever

you want. Master Self-

Discipline, Boost

Mental Toughness,

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Foster Habits to  
Strengthen Willpower  
and Resist  
Temptations  
Goals Faster. Be  
Disciplined, & Take  
Action Towards Self-  
Mastery  
Mental

Have you spent  
weeks, months, or  
even years trying to  
achieve your goals  
but keep failing? Have  
you given up on



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becoming successful  
because your futile  
efforts have led you to  
believe that success

is only for the select

few? If you have

answered "yes" to any

of these questions-

don't worry, there is

still hope for you!

Before you can

achieve anything in

life, you need a solid

foundation of self-

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discipline. Talent,

intelligence, and skill

are only a part of the

equation. Positive

thinking, affirmations,

and vision boards are

only a part of the

equation. If you want

to turn your dreams

into reality, you need

self-discipline. Self-

discipline is what will

keep you focused

when all hell is

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breaking loose and it looks like you are one step away from failure. It will give you the mental toughness required to dismantle the limitations you have placed on yourself and break through all obstacles standing in the way of your goals. How would you feel if I told you that your inability

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to achieve your goals

does not arise

because you are lazy

or lack drive, but

rather it's a problem

because you have

never been taught

how to practice self-

discipline? People are

not born with self-

discipline. Like driving

or playing tennis, it's a

skill that you learn. In

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by targeting certain

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to self-discipline The

Zen Buddhists'

secrets to self-

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exciting How to ditch

your bad habits and

adopt the habits of

successful people

Strategies to keep

going when your

motivation runs out

And much, much

more By applying the

principles in this book,

you will develop your

self-discipline,

bulldoze through

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toward your goals,

become an

unstoppable force of  
nature, and start living

the life you know you

deserve! It's

impossible to buy

back the time you

have lost, but you can

take control of your

future. Discover the

Secrets to Self-

Discipline Today by

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Stop self-defeating  
behaviors and act  
with intention. You'll  
thank yourself later.  
What you receive in  
life is dictated by your  
self-discipline. The  
more you have, the  
more you get. Will you  
settle for less than  
you desire? How to



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make willpower  
automatic, second  
nature, and habitual.

The Power of Self-

Discipline is not a

textbook on self-

discipline, nor is it a

gentle and drawn-out

discussion. It is a

toolbox to keep you in

motion and in action

towards your goals. It

pulls no punches as it

provides direct

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techniques to ensure

that your actions

match your intentions

- a difficult task. Self-

discipline is not about

grinding it out from

morning until night.

Let's work smarter

and accomplish more

with less effort. Tools

to get started, keep

going, overcome

distractions, and

follow through every

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single time. Peter

Hollins has studied  
psychology and peak  
human performance

for over a dozen

years and is a  
bestselling author. He

has worked with a

multitude of

individuals to unlock  
their potential and  
path towards success.

His writing draws on

his academic,

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coaching, and

research experience.

Gain self-awareness

and cultivate your

determination and

tenacity. Immediate

action has never been

so easy. -Learn the

main emotional,

psychological, and

biological obstacles

you are battling.

-Understand and

break the 5-step cycle

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of laziness that keeps  
you glued to the  
couch, unhappier than  
ever. -Confront

yourself with a series  
of direct questions  
that force self-  
awareness and

action. -An insightful  
formula for  
maximizing willpower  
and how to

manipulate it. -What  
your discipline style

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## Resist

Laid out with an  
introduction all about  
unleashing the power

within....Self  
discipline, the book  
goes into short

obtainable steps in a  
day by day fashion to  
help you focus,  
commit and achieve

in only 1 month!What  
is self-discipline?

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Self Discipline  
Resist  
Temptations  
Control  
Impulses Boost  
Mental  
Strengths  
Willpower And  
Create A Life Of  
Success  
Abundance

What does it mean to lack it? Why do you think you're not as disciplined as you would like? Is it because you manage your time poorly? You lack organizational skills? You lack motivation? Procrastination is your greatest enemy? You're just too lazy? What many people don't realize is

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that all of these issues, which they see as causes of poor self-discipline, are actually symptoms.

Are you confronting one or more of them? If you're contemplating purchasing the book, then you've decided it's time for a change of significant

proportions, a change



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that might take only  
30 days to implement,  
but that will last you  
for a lifetime. Your  
conviction is  
admirable, but to  
undergo such a  
change, you must first  
understand what self-  
discipline is and what  
it is not. Self-discipline  
is not: A personality  
trait that some people  
have and others

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Self-Discipline

don't. Using willpower

to force yourself into

action. On the

contrary, self-

discipline is: A skill

that anyone can learn

and train. becoming

aware of your

conscious or

subconscious

resistance to action

and using different

techniques to

overcome, but not to

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Self Discipline

crush that  
resistance. As you go  
through this life-  
changing 30 days

challenge, remember

that what you are

doing is exercising

your willpower muscle

for the long run. Good

luck!

How to Build Self-

Discipline and

Become More

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Successful (365

Powerful Thoughts

From the World's

Brightest Minds) Its

lack makes you

unable to achieve

your goals. Without it,

you'll struggle to lose

weight, become fit,

wake up early, work

productively and save

money. Not

embracing it in your

everyday life means

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Self-Discipline

that you'll never realize your full potential. Ignoring it inevitably leads to regret and feeling sad about how more successful and incredible your life could have been if you had only decided to develop it. What is this powerful thing?

Self-discipline. And if there's one thing that

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self-discipline is not,

it's instant. It takes

months (if not years)

to develop powerful

self-control that will

protect you from

impulsive decisions,

laziness,

procrastination, and

inaction. You need to

exhibit self-discipline

day in, day out, 365

days in a year. What if

you had a companion

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who would remind

you daily to stay

disciplined and

persevere, even when

the going gets tough?

365 Days With Self-

Discipline is a

practical, accessible

guidebook for

embracing more self-

discipline in your

everyday life. You'll

learn how to do this

through 365 brief,

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daily insights from the world's brightest minds, expanded and commented upon by bestselling personal development author Martin Meadows. This isn't just an inspirational book; most of the entries deliver practical suggestions that you can immediately apply in your life to become



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Self-Discipline  
by one of the most  
renowned

Renaissance men; -  
why, according to an  
influential

neurosurgeon, it's  
key to see problems  
as hurdles instead of  
obstacles (and how to  
do that); - how to  
embrace an  
experimental mindset  
to overcome a fear of  
failure (a technique

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musician); - how to

quit in a smart way,

according to a world-  
famous marketing

expert; - how to

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implementing the

advice from one of the

most successful

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writers; - how a trick  
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can help you figure  
out the first step

needed to get closer  
to your goals; - how to  
maintain self-

discipline in the long-  
term by paying

attention to what a  
bestselling non-fiction  
author calls

necessary to survive  
and thrive; - how your

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most common  
thoughts can

sabotage your efforts

(and other valuable

insights from one of

the most respected

Roman Stoics); and -

how to overcome

temporary

discouragement and

look at your problems

from the proper

perspective, as

suggested by a well-

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known public speaker

and author. If you're

ready to finally

change your life and

embrace self-

discipline — not only

for the next 365 days,

but for the rest of your

life — buy this book

now and together,

let's work on your

success! Keywords:

self-discipline

handbook, self-control

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book, willpower book,  
success journal,  
mental resilience,  
become successful,  
achieve your goals

Impulses Boost

Are you great at  
making plans, but  
often get frustrated  
when you fail to make  
them happen? Do you  
easily give up at the  
slightest

inconvenience or

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discomfort? Can

people trust your

word, or do they

consider you

unreliable? Then you

need to keep

reading... According

to a survey about

stress by the

American

Psychological

Association, 27% of

participants cite the

lack of willpower as



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the reason they did

not reach personal

and professional

goals. This study

emphasizes the

impact self-control

has on the things that

matter: health,

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and relationships. Self-

discipline not only

makes it possible for

people to make better

lifestyle choices, but it

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original is over three

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summarize the key  
points to get your life  
on track.

Temptations

Self-discipline is 'the  
ability to do what you  
have to do when you  
have to do it, whether  
you feel like it or not.'

Self-discipline is a  
crucial life skill that  
enables you to  
succeed in anything  
you choose to do.

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disciplined, you learn

how to keep your

focus trained on your

priorities. You decide

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