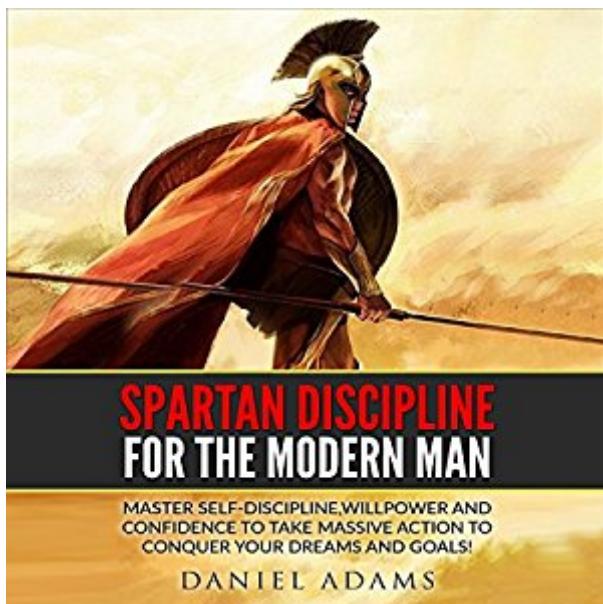


The book was found

Self-Discipline: Spartan Discipline For The Modern Man



Synopsis

Master self-discipline, willpower, and confidence to take massive action to conquer your dreams and goals! Unleash your inner Spartan! If you are undisciplined and want to gain warrior-like discipline to achieve your goals, this is the book for you! Daniel Adam's Self-Discipline: Spartan Discipline for the Modern Man will teach you power tools to achieve this discipline and crush your goals. Some of the incredible skills included are:How to change your mindset for action. How to eliminate distractions, negativity and temptations that are slowing you down. Gaining more willpower How to go from hard discipline to being a maintained habit. Making and keeping commitments Don't delay. Download your copy of Self-Discipline: Spartan Discipline for the Modern Man.

Book Information

Audible Audio Edition

Listening Length: 56 minutes

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Version: Unabridged

Publisher: Daniel Adams

Audible.com Release Date: June 17, 2016

Whispersync for Voice: Ready

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Customer Reviews

Thus is a great overview of self-discipline too many people lack. The author provides some powerful steps for you to implement in your way to being in charge of your life. If you lack self-discipline, give this a try. The steps work.

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