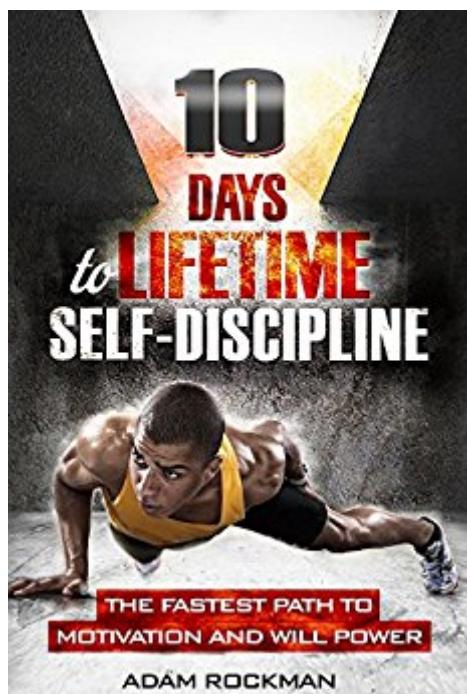


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# 10 Days To Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower



## Synopsis

How much more will you accomplish with self-discipline? Are you afraid your dreams are slipping through your fingers and becoming increasingly less possible for you to achieve? If yes then you must read 10 Days to Lifetime Self-Discipline. Imagine having the power to resist temptations, maintain motivation and focus and do what it takes to accomplish your dreams. Imagine waking up in the morning and focusing on your goals instead of wasting time on meaningless activities.

Imagine being excited to be living a life you are proud of. All of that is possible with self-discipline. It gives you the freedom to choose exactly how you invest your time! Does it seem difficult? Then this book is for you! You don't need to be a professional athlete to learn how to be the most self-disciplined version of yourself possible. You only need the desire to change and goals you care about. Why do you need self-discipline? It is key to success. How do you think Muhammad Ali, Bruce Lee, Brian Phelps, and other successful athletes, and businessman have managed to build their reputations? THEY DON'T ACCEPT MEDIOCRITY and you don't need to either! How many of your goals could you have accomplished by now if you'd had the willpower to focus on them? 10 Days To Lifetime Self-Discipline: The Fastest Path to Motivation and Willpower prepares you mentally for the challenges of improving your life and developing this skill that is key to success. Inside you will learn: Motivation, How to Turn Success into a Daily Habit, How to Fix your Sleeping Schedule, How to Maximize your Potential, Self-control, Resisting Temptation, Improving Your Focus, 10 Effective Tips for Solving Procrastination, How to Build a Positive Mindset, Time Management Hacks and several exercises to help you develop Self-Discipline. After preparing you mentally, you get to reward yourself with a 10 day training program which includes new tasks, habits and challenges each day to gradually increase your self-discipline. This program has already successfully helped many people improve their life and it can help you too! See what others are saying: "I was lazy and couldn't get myself to wake up early in the morning until I tried Adam Rockman's 10 Day to lifetime Self-Discipline plan. I'm happy it's now available in book form so I can look through it when I need another kick in the ass." -John Jarvis "I just have to say the content of this book could change your life as long as you are willing to put in the work. I immediately felt much happier to be living my life after challenging myself to take the 10 days to lifetime Self-Discipline challenge. I've finally started going to the gym, started my own business, and facing other fears and that's mostly because this book helped me build the groundwork to do it." - Jeremy Bennet Take action and download this book now!

## Book Information

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## **Customer Reviews**

I found some good advice and tips in this book on how to build self-discipline and defeat procrastination. There are also good guides on time management and how to build a positive mindset. Most useful in this book I find self-discipline boosting exercises and a 10-day plan to build self-discipline with a detailed plan of what to do each day.

This is a great book, in that it is all meat, and no fluff. Most of this information is not new, but all of it is useful. I applied many tips (really simple, economical) the book mentions, as part of my exercise routine, and worked really well. I believe after reading everyone will at least try of hitting the gym again and practise methods suggested by the author. I will say read this book to everyone who thinks they have don't have time for exercise due to their work or certain commitments. I will definitely recommend this book to my friends & family.

We all know how difficult it is to be disciplined, to stick to new habits and practice willpower when we

try to quit old lazy habits. It takes enormous efforts and we often fail (well, at least that is true for me). That is why i loved this books - it has so many tips and tricks on how to easily incorporate little new changes that help to stop procrastination and start practicing self-discipline. The book covers everything - from how to change your bed routine to how to build a positive mindset to time management tips. Very recommended!

This book gives detailed information about how self-discipline works as well as great examples to reflect from. The book teaches about a whole new level of self-discipline techniques, insights, and motivation. I like this book because it is straight to the point and the training given are pretty good to try out. This is the kind of book that I need to read once a week. Great book about how should you make to have self-discipline for yourself. I enjoyed this book. Must read

Discipline can be a very overused word but very hard to achieve. We all have our pet peeves and waterloos. However, with this book, 10-days towards discipline can become a breeze. This book focuses on the ideas of motivation, inspiration, developing routines among others that will truly be helpful towards a more disciplined you! Two thumbs up! Indeed, this book is a must-have!

As someone who struggles with self-discipline, this book has been incredibly helpful. Adam Rockman gives clear and practical concepts on how to create self-discipline and not only that, he stresses the importance on setting goals, having motivation and the right mind set to do so. In a time when we can get distracted so easily by our overstimulated world, it is important to have self-discipline to get things done. I've created a morning routine that helps me set up for the day and makes my life so much easier and more joyful. Thank you!

This book is a very simple and direct guide to self-discipline. It emphasizes the importance of a morning routine which I think is something every productive person should focus on. If you do not 'eat that frog' in the morning and start your day productively you're day will likely not be productive.

Discipline is something we all must have. Self discipline is meant to control your temper, getting motivation, turn dreams into reality etc. This book is one of the most nice book I have ever read on self discipline. Here, one will get - Idea about Time Management Way to control temper Way to catch the dream Get used to have succeed Lead a better life Well, I the most amazing part in this book is, what one should do in 10 days to have a self discipline. Day wise divide about what to do and not to

do. Here one more thing that attracted me is writing your goals, priorities, things to do for the next day etc. I liked this part a lot as this thing changed my life. This is recommended for you.

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