



10 Days to Self-Discipline: The Ultimate Daily Guide to Create Your Powerful Habits and Achieve Your Goals

By Isabelle Pauline

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. 10 Days to Self-Discipline: The Ultimate Daily Guide to Create Your Powerful Habits and Achieve Your Goals provides you with a self-help 10 days training that will assist you in gaining control over your unwanted impulses and desires and will make your life easy for once and for all. If you have failed several times trying to convince yourself to be productive and gain success. If you have felt like a loser ever in your life and if you cannot simply take charge of yourself and rein your own horses in the direction you want them to be going then this book is definitely meant for you. It will give you an insight about the forces that reside inside you and stop you from being productive and trap you in the quick sand of impulses, so you know who they are and how they can be tamed. The secret to successful self-disciplining is not to punish yourself till you make it but to be able to convince yourself to accomplish your goals in the most polite manner. This book will give...



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