



Self-Discipline: 21 Days to Develop Your Confidence, Willpower and Motivation (Paperback)

By Jill Hesson

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.LIMITED-TIME BONUS: FREE Beginner s Guide to Meditation Self-Discipline: 21 Days to Develop Your Confidence, Willpower and Motivation For a limited time only, get this Amazon bestseller for just \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to develop self-discipline and alter your will power to attain more in life. Motivation and willpower are two of the toughest qualities for a human being to develop, owing to a natural tendency of succumbing to self-doubt and restraint. But it is critical to develop a high level of self-respect and remain as motivated as possible, to attain all the best things in life. If you are one such person looking to enhance your motivation by increasing your self-discipline, then you have come to the right place. In this book, we will explore the meaning of motivation, willpower and self-discipline and how you can use all three to your advantage. It can be utilized as a guide to change your attitude towards life and take things a little more seriously to attain...



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