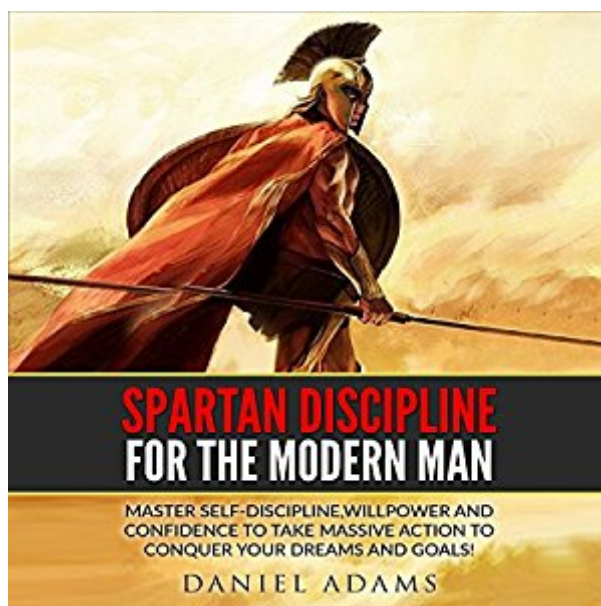


The book was found

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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Publisher: Daniel Adams

Audible.com Release Date: June 17, 2016

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Best Sellers Rank: #186 in [Books > Health, Fitness & Dieting > Mental Health > Dreams](#)

#1054 in [Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult](#) #5452

in [Books > Self-Help > Personal Transformation](#)

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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Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1)
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