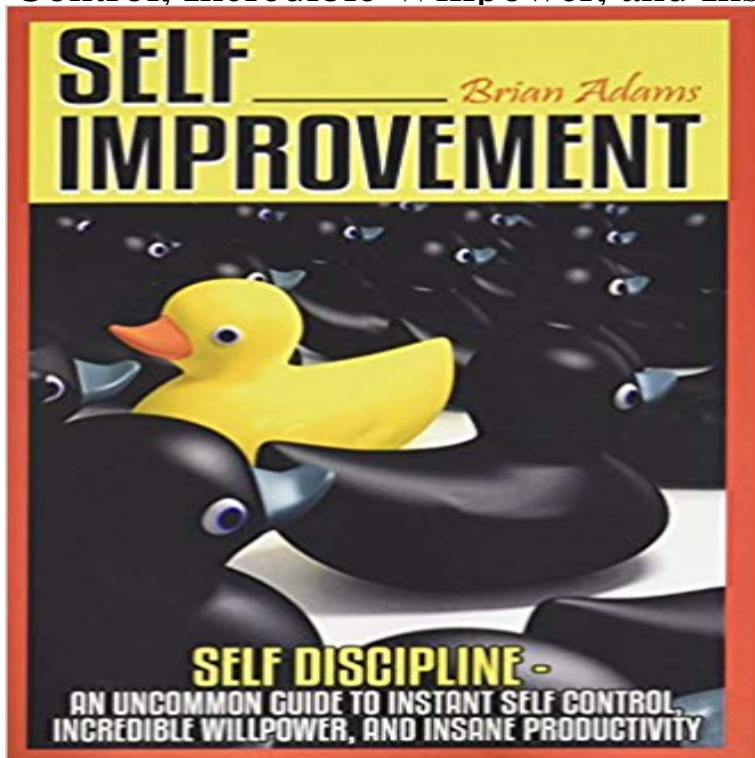


Self Improvement: Self Discipline - An Uncommon Guide to Instant Self Control, Incredible Willpower, and Insane Productivity



Learn About Self Improvement & Self-Discipline: An Uncommon Guide to Instant Self-Control, Incredible Willpower and Insane Productivity! Let Me Ask You A Few Questions Do you find that, at times, you lack self-control? Would you love to have more self-discipline and be more productive? Do you want to use your willpower effectively so that you can make major progress in achieving your goals? If you answered yes to any of the above questions, then this book is for you!

Here's Just A Brief Peek of What You'll Find Inside: Self Control, Willpower, Productivity: Defined How to Increase Your Self-Control The Keys to Strengthening Your Willpower Increase Productivity to Insane Levels Tackling Laziness Head On How to Effectively Use Both Sides of the Brain Overcome Distractions And much, much more!

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