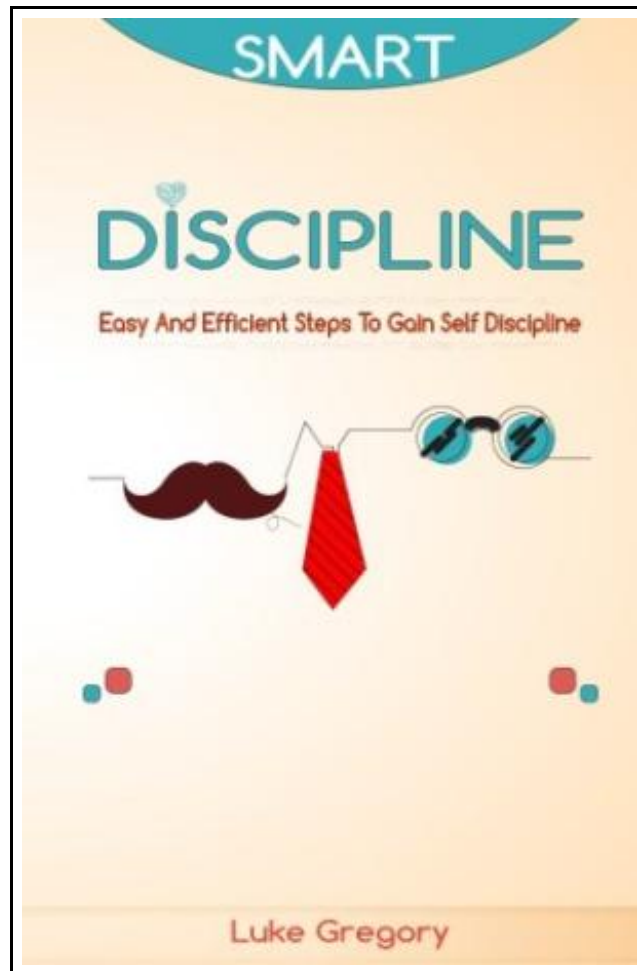


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SMART DISCIPLINE: EASY AND EFFICIENT STEPS TO GAIN SELF DISCIPLINE, ORGANIZE YOUR LIFE AND DO THINGS THE RIGHT WAY (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Self Discipline Mastery: Easy and Efficient Steps to Gain Self Discipline, Organize Your Life and Do Things The Right Way Simply put, self-discipline is the ability to exercise control over your feelings. Furthermore, it is that concentrated effort in which you control your thoughts and action and point them in the direction of achieving a goal. Note the term concentrated effort which implies a determination, strain, and willpower. I love the fact that self-discipline frees you from everything; that is, you are not dependent on any external or internal force to be disciplined. Nobody needs to tell you what to do. Neither are you driven by how you are feeling this morning when you wake up, or whether someone drives a spoke in your wheels. It all comes down to you and what you want to yourself. There s nobody to blame. It is certain that people are not born with this control of self. Furthermore, you may be saying to yourself that you don t think you have that kind of self-control. One thing that s certain is that some persons have found a way to master that aspect of life and have used it to their advantage. I always believe that it takes great self-discipline not to get out of control and go off and be promiscuous or engage in rape. Consider also that self-discipline stops you from taking your neighbors food or stealing from the grocery store when hungry, and the money is not available. Self-discipline is something that can be learned or crafted. It is a skill you can acquire if you have that desire.

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