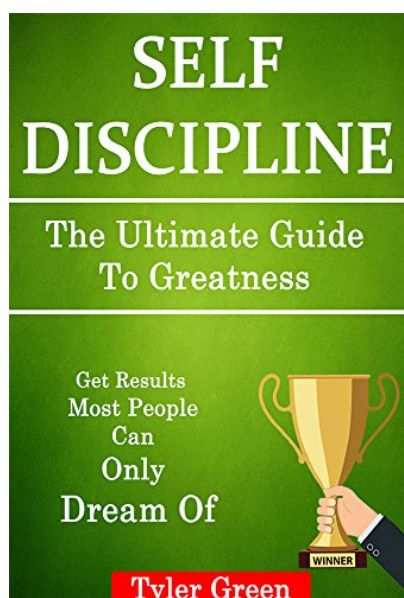


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What is the difference between people who are super disciplined, and the ones who have none? What are they doing differently, what is different in their thinking? I was obsessed with self-discipline. I went through almost all strategies: courses, books, blogs, and articles, to answer this question. Through the learning process, I understood one thing, that there is so much rubbish information on the internet. Most of these strategies which I have tried are useless and don't work. Only a few of the methods provided actually worked. Yes only a few, but those few worked like magic. The strategies in this book are borrowed from the most disciplined and successful people on this planet. The book is written in a simple and understandable language. If you really want to take charge of your life, order a copy and accept the challenge and get results most people can only dream of.

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