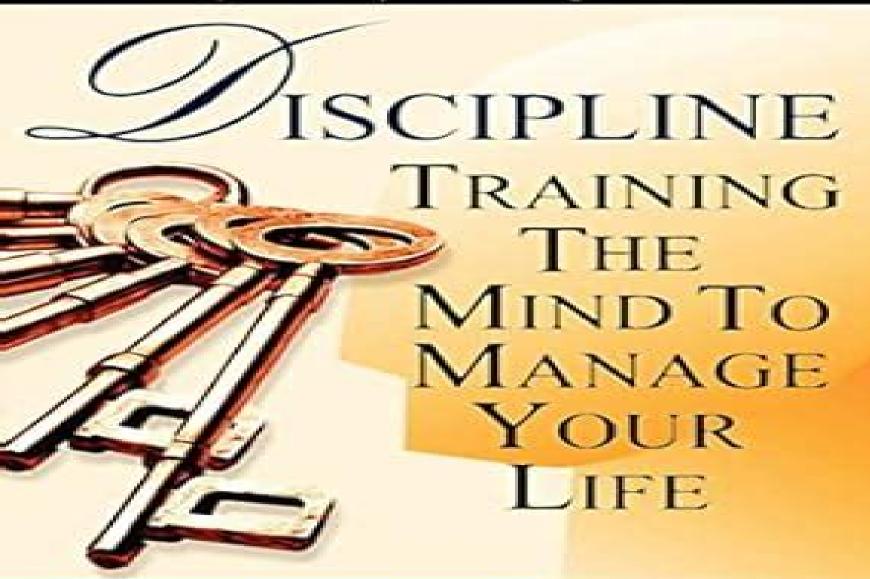
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Author of Discipline: Six Steps to Unleashing Your Hidden Potential



Discipline Training The Mind To Manage Your Life

L Cohen

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mindfulness to goal setting designed to strengthen these mental faculties Finally it integrates these techniques into daily life offering methods for improving focus in various aspects such as work and relationships The Power of Love and Motivation VIJAY G.NARAYANASWAMY,2020-08-22 If you are in search of love happiness success and wealth then welcome to the journey You will learn how to find and keep all of them with you There are 24 POWERFUL PRINCIPLES you need to master in order to build a life you dream of and get all the above things You will learn about all the 24 powers in this book Everyone and everything is out there for a specific purpose No one would be living if there is no purpose in life Success comes after the struggle and life start after love This book will help you and guide you to find your true purpose and accomplish it To win yourself you need to find your love and win your love In this book you will learn how to find or create the right path to build a life of your choice through simple understandable and practical methods and concepts This book will guide you in finding yourself your love and your purpose and then WIN ALL OF THEM Going from Undisciplined to Self Mastery Harris Kern, 2014-10 Going from Undisciplined to Self Mastery is the roadmap you need to take you from being an unproductive human being to becoming the master of your own fate It will guide you through the time proven five steps needed to help transform your life into what you really want it to be These steps will help you develop the self discipline you need in order to live the rest of your life with true purpose The five steps are based on hundreds of life coaching and organization performance mentoring case studies facilitated by the author Once you master all five steps you will be able to combat the top issues affecting many people in the world today referred to as The Dirty Dozen Severe procrastination Failed goals Insufficient motivation Absence of sense of urgency Disorganized Lack of structure Devoid of focus Not managing sleep optimally Poor performance Ineffective time management Energy deficit InconsistencyThe author's business focuses on helping people and organizations achieve self mastery A key component for a successful life is acquiring discipline The author believes that self mastery is the defining element in your life With it you can achieve almost anything without it you will struggle to exist To reach a level of self mastery you first need to develop your self discipline by learning how to overcome The Dirty Dozen The Five Steps you ll need to take are Institute Structure Prioritize Your Life Manage Time Hold Yourself Accountable Seek Perfection Using these principles the author not only mentors his clients but he has actually been practicing what he preaches for more than four decades The Art of Longevity Rod Perez, 2024-05-14 There is often a disconnect between the raw spirit of our younger selves when energy and enthusiasm were inexhaustible and our bodies rarely let us down and the limitations and demands we increasingly face over time Our vitality can fade as we stress over career family financial security and just staying mentally afloat We allow poor nutrition and bad habits to take root while our frantic mind takes the wheel Worst of all we neglect our fire the things that we love and give our lives meaning Do we wave the white flag Or do we bring oxygen back to that flame If we ve managed to keep the fire flickering how do we stoke it into an inferno This book will provide you with all the tools to bring you back into equilibrium with your whole self and return you

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