



10 Steps to Creating Self-Discipline (Paperback)

By Giovanni Dangel

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Self-discipline is the ability to face the strongest form of temptation and overcome. Supposing you find yourself in a situation where someone very attractive tries to seduce you when you have made a vow to stay sex-free for a certain period of time, the ability to ignore the seductive moves of that stunningly attractive seducer is self-discipline. Self-discipline is that ability to cut down on what you live on in order to save more money for more important things. For instance, if you have been living in a duplex all your life and suddenly you decide to become a minimalist, the ability to move from your comfortable duplex to a one bedroom apartment is self-discipline. Self-discipline is the ability to stay home because you want to study more for your exams and make better grades when your peers are out there partying. Self-discipline is the ability to quit drinking and smoking by thinking about the health risks you are exposed to as a result of your continued addiction to those harmful drugs and excess alcohol. It is self-discipline that helps you...



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