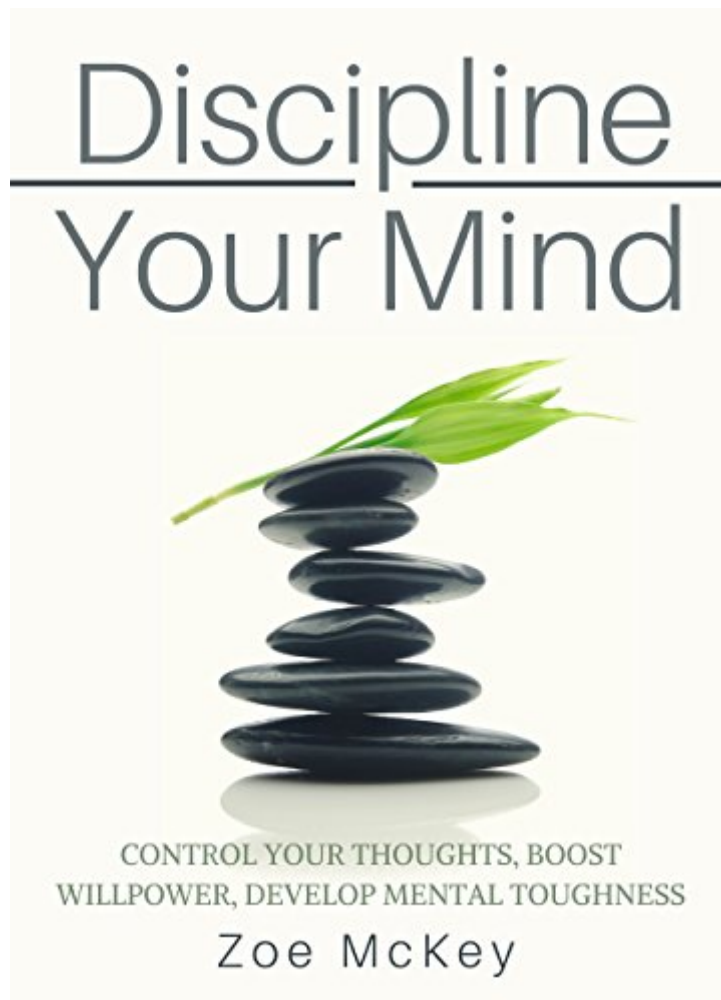




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# Discipline Your Mind: Control Your Thoughts, Boost Willpower, Develop Mental Toughness



## Synopsis

Do you fail to follow your plans despite your best intentions? Are your mental toughness and willpower keeping you from the life you want? If your life is starting to resemble a never-ending hamster wheel from a lack of intentional action, you simply need to Discipline Your Mind. Dreaming day and night doesn't create the life you want; disciplined action does. Where you end up in life is determined solely by a number of times you fall and get up, and how much punishment you can withstand along the way. The path to an extraordinary accomplishment and a life worth living is not innate talent, but rather focused perseverance, and willpower. Maximize your brain power and keep in control your thoughts. In Discipline Your Mind you will find unique lessons through which you will learn those essential steps and qualities that are needed to reach your goals easier and faster. Researched and proven, with scientific studies and examples aplenty. Take control over your life-Learn about 3 types of stress and how can you turn stress into your greatest ally-Learn how to be patient and self-disciplined-The method for focused action and maximum productivity -How to dump the fear of failure-Get the results you want and reach your goals You will learn:-How to develop higher self-respect -How to let go and let live-How to be brave in reclaiming your life- An 8-step method to identify and handle challenges easily How will your life improve if you discipline your mind?-You will be able to live a more stress-free, well-balanced life-Attract inspiring people and avoid those who hinder you from your goals-Learn to prioritize to get the most productive results-Know how to stay productive on those days when you are not in a good mood If you want to learn how to persevere steadfastly until success is reached | Scroll up and click BUY NOW.

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## Customer Reviews

Reading this book made me think about how many little things can stay in the way of our way to self fulfillment. All the stupid things from out unrealistic and totally useless wishes, social media anxieties, self-constructed mental barriers... I really loved how eye-opening this book was. I look with different eyes to issues after reading this short reminder. 5 stars for this book! It helped me a lot.

I have stumbled upon this book while adding books to my store. I have read the review and decided to take the plunge. This book couldn't have come at a better time because I get to process all of my anger and disappointment that have happened to me over the course of a couple years. Although I am not the instigator, I do admit that I need a better response system. This book gives you exactly this AND more (I didn't know about Zen Buddhism and the difference between the thinking mind and the observing mind). I now know how to deal with my past and take better charge of my future. I am looking into some of Zoe's other books because I want to learn more and become better.

YOU can't stop life from happening but you can change your reactions to life. You can live with peace of mind and acceptance of what is. This book is an instruction manual to help you the ups and downs of life with peace and equilibrium. This book also gives you practical advice on how to change your thoughts, attract what you desire in your life, Tips on changing your conscious and subconscious thinking are sprinkled throughout the chapter. This book is like an exercise routine for your mind - use it, do it and tame the unwieldy mind. If you apply this book to your life, you will get more of what you want out of life. The mind is so powerful but we ignore the inner workings of it.

This book studies the mind and gives you techniques to have your mind working in your favor.

On a practical level, the book clearly aims to make the practice of mindfulness as easy and accessible as possible. It is not an obscure and theoretical philosophy text but the accumulation of clear and direct action plans. The book's purpose is to help and encourage the reader to experience all the benefits and advantages of a focused action, and creating mental acuity through relatable examples, easy to understand explanations. Since starting it, I truly have noticed a difference in how I respond to my worries. I plan to keep this book handy so I can continue to successfully manage my anxiety and actually enjoy my life!

Enjoyable reading, thoughtful real life experiences, inspiring ideas! This book gave me a kick in the proverbial backside to get things done instead of whining, gave me a perspective on how I looked at things before. All that she says somewhat goes against the "tell yourself you love yourself and be happy" cliché. But at the same time offers a much realistic alternative of self-help you can actually apply.

This is a very interesting book to read on how to Discipline Your Mind and Learn how to be patient and self-disciplined. It provides some great information and some tips to reach your goals. You will also learn on How to develop higher self-respect and how to be brave in reclaiming your life. Inspiring book to read and A must read!

All in all it was a good reading. My favourite lesson was the one about handling stress. I really liked the 3 different categories she divided stress into. I am also impressed by the positive approach she has towards life. If what is mentioned in the book is true, she must have been through a lot. Being positive after these kind of events can't be that easy. I got inspired by the book.

This is an easy read, yet packed fully with practical advices and usable tips if you want to discipline your mind, think clearer and have better understanding of yourself in general.

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