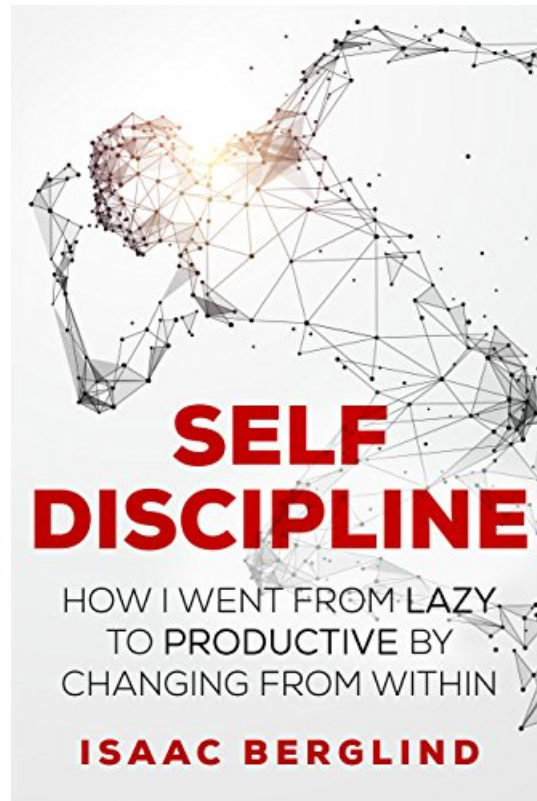


**hiecsa: Download & Read 'Self Discipline: How I Went from Lazy to Productive by Changing from Within' Download Ebooks Pdf Online**



---

**[\\*\\*\\*\[ Download Book Here \]\\*\\*\\*](#)**

---

*How I Finally Figured Out How To Stay Disciplined Once And For All* Look, if you're viewing this book, there's one thing that I know about you. You have a goal, maybe multiple goals. There's something that you really, really want to achieve. This goal may be relatively small, or a gigantic, crazy goal in which you have no idea how to achieve. Either way, you're looking for a book on self discipline because you know that this vitally important skill is the one thing that will prevent you from achieving this goal and pretty much anything else. I write this because for the last 5 years, I knew this as well. I've always wanted to do big, crazy things with my life, and it didn't take me long to realize that self discipline was the only thing that was stopping me. I would set a goal, work very hard on it at first- and then fall off track. I failed so many times and really wanted to figure this self discipline thing. I looked at the greats of the world- Steve Jobs, Michael Phelps, LeBron James, and just marveled at their unbelievable, unstoppable work ethic and discipline. For 5

years I tried to figure out how they did it. What was their secret? What drove them to work so hard every single day? I tried every self-help strategy out there- visualization, vision boards, affirmations, incantations, accountability, straight-up willpower, meditation, morning rituals, scheduling, self-hypnosis, banning YouTube from my computer network, staying in the present moment- you name it. None of them worked. Any of them. And for a lot of people, they are in the same shoes that I was in for five years. They can't figure out why they just can't get themselves to stay disciplined. And now? Me? I'm finally that disciplined person I've always wanted to be. I'm at the gym every day. I practice my craft as a classical cellist more every day. I just wrote a freaking book. I'm consistent, and almost never fall off track. I'm the person that I dreamed to be for five years. And let me give you a hint: It's not a strategy that made the difference for me. What finally allowed me to change and be disciplined, once and for all, was to change from within as a person. That's what we'll talk about in this book. Yes, I will talk about powerful strategies, even some of the ones I listed above, but this book resolves around the fundamental principle that you must change as a human being at a personal level. I wrote this book because I know there are people out there struggling with what I struggled with for 5 years- and I don't want these people to have to spend 5 years trying to figure this thing out like I did. I want people to learn from my mistakes, and learn how I went from lazy to super productive. Let me give you an overview of what you'll find in this book: The importance of active vs passive learning, The key to all permanent change, The 5 essential habits of disciplined people, What the world's most successful people do to stay disciplined, How to set incredible goals, The importance of self identity, Why you must engrain your goals inside yourself every single day, Much, much more! For a limited amount of time, I'm going to be offering this book for only \$0.99. This book is regularly priced at \$4.99, but I want as many people as possible to learn the truth about self discipline. So if you are tired of failing time and time again to stay disciplined- I highly, highly encourage you to download and, more importantly, take action on what you will learn in this book- a book I wish I had five years ago. Best of luck. To your success, Isaac Berglind

free pdf download ebooks **Self Discipline: How I Went from Lazy to Productive by Changing from Within** ebooks store free **Self Discipline: How I Went from Lazy to Productive by Changing from Within** free ebooks for download sites **Self Discipline: How I Went from Lazy to Productive by Changing from Within** site for free ebooks **Self Discipline: How I Went from Lazy to Productive by Changing from Within** free e books download for android **Self Discipline: How I Went from Lazy to Productive by Changing from Within** books online for free no download **Self Discipline: How I Went from Lazy to Productive by Changing from Within** book downloads pdf **Self Discipline: How I Went from Lazy to Productive by Changing from Within** how to download free ebooks pdf **Self Discipline: How I Went from Lazy to Productive by Changing from Within** free pdf books online for ipad **Self Discipline: How I Went from Lazy to Productive by Changing from Within** read books online for free no download full book **Self Discipline: How I Went from Lazy to Productive by Changing from Within** pdf books download **Self Discipline: How I Went from Lazy to Productive by Changing from Within** read free novels online **Self Discipline: How I Went from Lazy to Productive by Changing from Within** where to download ebooks for free pdf **Self Discipline: How I Went from Lazy to Productive by Changing from Within** free book download pdf **Self Discipline: How I Went from Lazy to Productive by Changing from Within**