

Discipline Yourself: Self-Discipline Habits to Create Great Results Your mind is a very powerful resource, but many people don't know how to use this resource to its fullest advantage. Are you one of those? Do you lose things? Do you try to remember things and find that you are having difficulty? Do you have problems concentrating? Do you get frustrated by different situations? All of these are signs that you are not using your mind to the best of its ability and that you need to do something to enable your brain to help you to get a grip on your life. There are methods that people can use to help their brainpower and these are included within this book. What you achieve is a very individual thing though, with the right frame of mind and attitude, you can train your mind to respond in a much timelier manner, making your life much easier to live. Decisions will come easily. You will find your tolerance levels improve and that you are capable of achieving more by performing the simple exercises displayed in each chapter. In Discipline Yourself: Self-Discipline Habits to Create Great Results you will learn: An exercise to de-clutter your mind of all the irrelevant thoughts that hinder focus A source for some fun exercises to improve your brain power and memory How to let your mind work for you, including an exercise in letting your mind work on its own A simple, but powerful and fun game to strengthen your memory How to use specific techniques to increase your creativity The benefits of three approaches to writing to clear your mind. Your welfare depends upon keeping your mind disciplined. That doesn't mean that life has to be a bore. A person with a very developed mind can have just as much fun as those who choose to ignore common sense, but if your mind is developed and honed, your fun means more. You tend to go through life with a much more philosophical approach and that's very positive indeed, because it means you are able to see the other side of the coin and will learn that your mind reacts by listening as well as thinking its own thoughts. Open-minded people do listen, and that's a very important function of brain activity. It is hoped that the exercises within this book will help you to maximize your brain power and discipline yourself to such an extent that you develop a great mind, one that is able to help you through all the difficulties that life poses. It will also help all those people in your entourage if you are the one that comes up with solutions. People love those who are able to see problems and find solutions. **ACT NOW!** Click on the orange BUY button at the top of this page! Then, you can immediately begin reading Discipline Yourself: Self-Discipline Habits to Create Great Results on your Kindle device, computer, tablet or smartphone.

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