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# 10 Days To Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower (Self-Confidence, Self-Belief, Strategies, Develop Discipline, Achieve Your Dreams)

## 10 DAYS TO LIFETIME SELF-DISCIPLINE

THE FASTEST PATH TO MOTIVATION  
AND WILLPOWER



**ADAM ROCKMAN**



## Synopsis

Unleash Your Potential Are you afraid your dreams are slipping through your fingers and becoming increasingly less possible for you to achieve? You don't need to work your unfulfilling job or continue your self-destructive habits. Don't give up hope. You still have the power to develop self-discipline. Self-discipline means you have the power to resist temptations, maintain motivation and focus and do what it takes to accomplish your dreams. Does that seem difficult for you? Then this book is for you! Self-discipline doesn't need to be hard, and you can even enjoy the process of developing it! You don't need to be a professional athlete to learn how to be the most self-disciplined version of yourself possible. You only need the desire to change and goals you care about. Why do you need self-discipline? It is key to success. How do you think Muhammad Ali, Bruce Lee, Brian Phelps, and other successful athletes, and businessman have managed to build their reputations? THEY DON'T ACCEPT MEDIOCRITY and you don't need to either! How many of your goals could you have accomplished by now if you'd had the willpower to focus on them? 10 Days To Lifetime Self-Discipline: The Fastest Path to Motivation and Willpower prepares you mentally for the challenges of improving your life and developing this skill that is key to success. Inside you will learn: Motivation How to Turn Success into a Daily Habit How to Fix your Sleeping Schedule How to Maximize your Potential Self-control Resisting Temptation Improving Your Focus 10 Effective Tips for Solving Procrastination How to Build a Positive Mindset Time Management Hacks and several exercises to help you develop Self-Discipline After preparing you mentally, you get to reward yourself with a 10 day training program which includes new tasks, habits and challenges each day to gradually increase your self-discipline. This program has already successfully helped many people improve their life and it can help you too! See what others are saying: "I was lazy and couldn't get myself to wake up early in the morning until I tried Adam Rockman's 10 Day to lifetime Self-Discipline plan. I'm happy it's now available in book form so I can look through it when I need another kick in the ass." - John Jarvis "I just have to say the content of this book could change your life as long as you are willing to put in the work. I immediately felt much happier to be living my life after challenging myself to take the 10 days to lifetime Self-Discipline challenge. I've finally started going to the gym, started my own business, and facing other fears and that's mostly because this book helped me build the groundwork to do it." - Jeremy Bennet Take action and download this book now!

## Book Information

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## Customer Reviews

I get sad and depressed and sometimes it's hard to even get out of bed. Motivation is great and helpful. This is the kind of book that I need to read once a week. Great book about how should you make to have self-discipline for yourself. I enjoyed this book. A sample of this product was provided to me discounted in exchange for an honest unbiased review . There were no promises made for a positive review. - JenaLuv

The title of this book jumped off of my monitor and grabbed me because this is my biggest issue with fitness and weight loss - motivation. I just can't seem to either get motivated in the first place or stay motivated. Adam Rockman has an awesome guide to doing both of these things and it has been working for me now for quite some time. Based on actual psychology, these methods help the reader to find their particular motivation and hold onto it. One of the best parts of this book for me was the section on avoiding decisions that undermine motivation as this is my M.O. Fantastic stuff that continues to bring me positive results.

I, myself is really struggling to wake up early morning to go to work! Good thing I bought this book for me to be aware on how to discipline with motivations. Indeed it is true to be surrounded yourself

with disciplined inspiration for you to be an inspiration as well! As the saying goes "tell me who your friends are, and I will tell you who you are." It is true indeed that your friends are often a reflection of your own habits.

We all know how difficult it is to be disciplined, to stick to new habits and practice willpower when we try to quit old lazy habits. It takes enormous efforts and we often fail (well, at least that is true for me). That is why I loved this book - it has so many tips and tricks on how to easily incorporate little new changes that help to stop procrastination and start practicing self-discipline. The book covers everything - from how to change your bed routine to how to build a positive mindset to time management tips. Very recommended!

As someone who struggles with self-discipline, this book has been incredibly helpful. Adam Rockman gives clear and practical concepts on how to create self-discipline and not only that, he stresses the importance on setting goals, having motivation and the right mind set to do so. In a time when we can get distracted so easily by our overstimulated world, it is important to have self-discipline to get things done. I've created a morning routine that helps me set up for the day and makes my life so much easier and more joyful. Thank you!

I found some good advice and tips in this book on how to build self-discipline and defeat procrastination. There are also good guides on time management and how to build a positive mindset. Most useful in this book I find self-discipline boosting exercises and 10-day plan to build self-discipline with a detailed plan what to do each day.

I find this book quite interesting to read! The book provides essential tips and techniques for us to be able to achieve our goals in life; he made it very comprehensible for us to understand quickly on how to have a positive outlook in life and to become an optimistic person. Inside the book are knowledgeable information on how to stay focus, how to stay motivated, achieved goals and the path to success as well as about self-discipline. Overall, it was an excellent read for me, worth reading and it was a well-written book.

When it comes to getting fit the proper way, Adam Rockman is really the man! The truth is, it is not enough that our body looks good, that's why I love how the author taught me how to choose the proper mindset to drive my ambition, which is to be fit. It does not happen in one day as it is a

process. That's why discipline is much more needed in this endeavor so as not to waste what I started. Once I achieved my desired body, I will still keep in touch with this book because I want to achieve constant healthy mind and body.

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