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Self-Discipline: Habits and Exercises to Develop Discipline and a Willpower That Will Make You More Successful (Develop Discipline - Willpower - Fighting power - Self-Belief - Motivation)

By Harvey Segler, Self Discipline



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- The Problem With “Do What You Want” Thinking
- Are You Really Free... Really?
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- Sales Rank: #342787 in eBooks
- Published on: 2016-01-07
- Released on: 2016-01-07
- Format: Kindle eBook

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Editorial Review

About the Author

am happy to see that you found my author page! My name Is Harvey Segler and I am super interested in psychology. I used that interest to write these books and I hope you will find them interesting and helpful. Besides being an author I am also a happiness seeker, online marketer and former elite athlete. A lot of our problems in life is connected to our head. Obesity, depression, stress and much more is a result of a poor mindset. Our behavior is a result of our thoughts and mind and that is why I find psychology so interesting. If you have any sort of problem or if you are interested in our minds as well I really think you should read my books. Again, I am happy to see you here, that is right you! I would not want anyone else here. After reading my books, I would be super happy if you left your review.

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