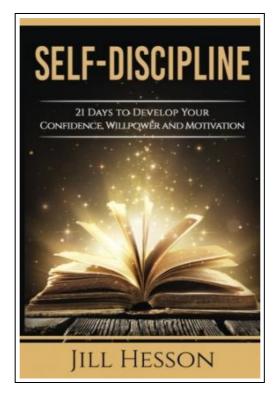
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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*\*.LIMITED-TIME BONUS: FREE Beginner's Guide to Meditation Self-Discipline: 21 Days to Develop Your Confidence, Willpower and Motivation For a limited time only, get this Amazon bestseller for just \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to develop self-discipline and alter your will power to attain more in life. Motivation and willpower are two of the toughest qualities for a human being to develop, owing to a natural tendency of succumbing to self-doubt and restraint. But it is critical to develop a high level of self-respect and remain as motivated as possible, to attain all the best things in life. If you are one such person looking to enhance your motivation by increasing your self-discipline, then you have come to the right place. In this book, we will explore the meaning of motivation, willpower and self-discipline and how you can use all three to your advantage. It can be utilized as a guide to change your attitude towards life and take things a little more seriously to attain more from it. You can work towards fulfilling your distant goals and ambitions without having to forgo living your life. You will see that 21 days are all that you need to change yourself and develop a certain confidence required to enhance your overall living. Here Is A Preview Of What You Can Learn From This Book Confidence, Willpower and MotivationMeditationChakra BalancingAura Cleasing/li>And Much More Download your copy today! What are you waiting for? Download this book for a limited time discount of only \$2.99! Tags: Self-Discipline, Confidence, Willpower, Motivation, Happiness, Self-Love, Positive Thinking, Mindfulness Meditation, Chakras, Chakra Healing, Chakra...



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