

365 Days With Self Discipline

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365 Days With Self-Discipline

365 Life-Altering Thoughts on Self-Control, Mental Resilience, and Success *Meadows Publishing*

How to Build Self-Discipline and Become More Successful (365 Powerful Thoughts From the World’s Brightest Minds) Its lack makes you unable to achieve your goals. Without it, you’ll struggle to lose weight, become fit, wake up early, work productively and save money. Not embracing it in your everyday life means that you’ll never realize your full potential. Ignoring it inevitably leads to regret and feeling sad about how more successful and incredible your life could have been if you had only decided to develop it. What is this powerful thing? Self-discipline. And if there’s one thing that self-discipline is not, it’s instant. It takes months (if not years) to develop powerful self-control that will protect you from impulsive decisions, laziness, procrastination, and inaction. You need to exhibit self-discipline day in, day out, 365 days in a year. What if you had a companion who would remind you daily to stay disciplined and persevere, even when the going gets tough? 365 Days With Self-Discipline is a practical, accessible guidebook for embracing more self-discipline in your everyday life. You’ll learn how to do this through 365 brief, daily insights from the world’s brightest minds, expanded and commented upon by bestselling personal development author Martin Meadows. This isn’t just an inspirational book; most of the entries deliver practical suggestions that you can immediately apply in your life to become more disciplined. Here are just some of the things you’ll learn: - why living your life the hard way makes it easy (and other suggestions from a successful entrepreneur and longevity scientist); - how to overcome your initial resistance and procrastination based on the remark made by one of the most renowned Renaissance men; - why, according to an influential neurosurgeon, it’s key to see problems as hurdles instead of obstacles (and how to do that); - how to embrace an experimental mindset to overcome a fear of failure (a technique recommended by a successful entrepreneur and musician); - how to quit in a smart way, according to a world-famous marketing expert; - how to improve your productivity at work by implementing the advice from one of the most successful detective fiction writers; - how a trick used by screenwriters can help you figure out the first step needed to get closer to your goals; - how to maintain self-discipline in the long-term by paying attention to what a bestselling non-fiction author calls necessary to survive and thrive; - how your most common thoughts can sabotage your efforts (and other valuable insights from one of the most respected Roman Stoics); and - how to overcome temporary discouragement and look at your problems from the proper perspective, as suggested by a well-known public speaker and author. If you’re ready to finally change your life and embrace self-discipline — not only for the next 365 days, but for the rest of your life — buy this book now and together, let’s work on your success! Keywords: self-discipline handbook, self-control book, willpower book, success journal, mental resilience, become successful, achieve your goals

How to Build Self-Discipline to Exercise

Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise *Meadows Publishing*

How to Build Self-Discipline to Exercise: Discover Proven Strategies to Finally Get in Shape and Exercise on a Regular Basis for the Rest of Your Life Everywhere you go, you see gyms, videos, and books about exercise, advertising how they can help you get in shape fast and easy. You’ve probably even put some money down before, vowing that THIS was the year you’d get in shape, lose that extra weight, and become the energetic person you know is hiding inside you. Unfortunately, life happens, and you fall into the habit of "I'll start tomorrow." Your motivation drops, and your self-discipline fails to push you through to achieve your goals. You begin to make excuses: you’ll be really sore after working out, it’s been too long since you’ve last exercised, you don’t have willpower, your friends and family tell you to be happy with how you are, you think you’re too weak, inflexible or otherwise unfit for exercise, and many more. There was that one time you started a program, but you couldn’t keep up with the weekly or monthly goals, so you got frustrated and gave up. All of that has added up to make you think you’re incapable of starting and continuing an exercise program. You’re afraid you aren’t mentally or physically strong enough, but still hold out the hope that someday a magic pill will change all that. The magic exists today, but it’s not as easy or fast as swallowing a pill. However, it can be simple and enjoyable. How to Build Self-Discipline to Exercise is a concise, practical guidebook on how to introduce and keep exercise in your life. Inside, you’ll learn: - why the most common type of motivation people use to exercise is usually ineffective (and which types of motivation are much stronger) - the wrong "P" that will lead you to giving up when you face obstacles - how to overcome procrastination and finally start exercising – including a slightly uncomfortable trick that will ensure you’ll get plenty of exercise - how to find time to exercise despite a hectic schedule (and surprising math that shows you actually lose time when you don’t make time for exercise) - practical tricks and tips to stay motivated forever, even when you

encounter obstacles - how to enjoy exercise while still getting the most powerful benefits of it (hint: if your workout involves "work," it’s not a good workout) - how to prevent injuries, improve recovery, and handle the inevitable muscle soreness so you stick to exercise even if your body acts against you - how to deal with other people, wrong expectations, and negativity (from both your surroundings and yourself in the form of self-criticism or self-doubt) When put together and acted upon, the six chapters in this book – supported by over 80 references to scientific studies and credible experts – will help you form a new habit and make one of the most important changes you'll ever make in your life. Purchase the book now and let’s embark on the journey to learn how. Keywords: Develop self discipline, willpower and self discipline, self-discipline, self control books, stress, reach your goals, self-control, achieve your goals, instant gratification, long term goals, goal setting success, goal setting books, how to reach your goals, how to achieve your goals, persistence, how not to give up, how to exercise, stay motivated, build habits, exercising, personal development, exercising

365 Self Discipline Quotes: Daily Self Discipline Quotes to Build Lasting Habits, Mental Toughness and Achieve Your Goals *Independently Published*

"We are what we repeatedly do. Excellence then is not an act but a habit" - AristotleWhat is the #1 delineating factor between the poor and rich, the successful and unsuccessful, the happy and unhappy people? Self-discipline. Think about it.When you're not disciplined about your work/job, you'll stack up work and eventually you'll be stressed out and burnt out.When you're not disciplined about your finance, you'll stack up unnecessary expenses and debt and eventually be financially stressed and burnt out.You get the idea.However, what's the deal with a "365 Days Self Discipline Quotes" book?Do you agree that mindset is 80% and the strategies and mechanics are only 20% when it comes to achieving success? You get the idea. People are always chasing the 20%, the fanciful stuffs, and thinking that ONE big idea is going to get them disciplined.It is however, all the daily reminders, influence and environment that gets people disciplined and committed every single day. I do not know what you are trying to achieve.Maybe it is your desired body, having that six packs you've always wanted.Maybe it is a breakthrough in your business, adding one more zero behind the annual income this year.It doesn't matter.What I know about you, though, is that you are someone who wants more. And that is pretty damn awesome. You want more money, more health, more happiness, more sex, more pleasure, more knowledge and more freedom... and there is absolutely nothing wrong with that.Life is about growing and expanding ourselves. We are either growing a little each day or dying a little each day. I give you my deepest respect for wanting to choose the uphill path, the path of growth and self-discipline.

Self-Disciplined Producer

Develop a Powerful Work Ethic, Improve Your Focus, and Produce Better Results *Meadows Publishing*

Short. To the Point. To Help High Performers Become Even More Productive Results are what matter the most to you. You want to be a reliable producer of value in your chosen domain: whether it’s your career, business, sports, studies, non-profit endeavors, or any other undertaking requiring intense focus. You’d like to learn how to become more productive, but your time is precious, and you don’t have time for a five-hundred-page book only to discover that you can summarize it with two sentences. If that’s you, Self-Disciplined Producer is for you. Written with high performers in mind, it’s a concise guide covering the most effective techniques to build self-control, improve your productivity and deliver consistent results day in, and day out. In about an hour and a half of reading you’ll discover: - a confusingly simple strategy of an American novelist and screenwriter that can help you overcome one habit that is most harming your productivity, - how distractions can make you more eager to get to work, - three strategies to ensure that you always finish what you started instead of leaving all your projects half-finished, - five strategies to embrace delayed gratification and become more patient with the process so that you won’t give up prematurely, - a fun mental exercise to help you identify the most important task and reduce time spent on less meaningful activities, - a principle developed in the 14th century by an English philosopher that can help you simplify your workday and become more productive, - a law humorously invented by a British naval historian that can help you perform your most important tasks in half the time usually needed to get them done, - six methods to recharge for higher productivity—because without a proper rest protocol you’ll be unlikely to ever operate at an optimal level. The author of Self-Disciplined Producer has been using these techniques to help him publish sixteen books, create four video courses with over 25,000 enrolled students in total, and translate his books into ten languages—all in the span of two years and a half. If you’re eager to learn how to double, triple, or even quadruple your productivity, don’t hesitate any longer. Invest an amount equivalent to what you pay for a cup of coffee, apply the teachings from this book to your workday and reap the benefits that might lead to thousandfold or higher returns. Keywords: Self-discipline, become more productive, build self-control, productivity, improve your focus, work ethic, produce better results

Self-Discipline in Difficult Times

Pressing Ahead (or Not) When Your World Turns Upside Down *Meadows Publishing*

How to Press Ahead (and Should You?) When All Is Wrong As much as we’d like to avoid suffering in life, all of us will occasionally face earth-shattering hardships. You might be dealing with one now, or perhaps your friend or a loved one is, or maybe you’d just like to prepare yourself for when one inevitably occurs in your life. Self-Discipline in Difficult Times is the right book for you if you want to learn how to press ahead as your world turns upside down. Some of the topics I discuss in the book include: - in which situations self-help advice helps and in which you should stay away from it, - how to avoid making a bad situation worse when you’re under too much pressure, - how to take care of yourself during difficult times without sabotaging your long-term goals, - how to begin the process of recovery with three fundamental strategies, - how to prepare yourself for inevitable future crises with an uncomfortable, but effective practice, - how to help a friend struggling with a crisis. Mental resilience is our most important tool for surviving a rupture. This book can give you some hope and comfort that you’re not alone in whatever you’re facing.

How to Build Self-Discipline

Resist Temptations and Reach Your Long-Term Goals *Meadows Publishing*

How to Develop Self-Discipline, Resist Temptations and Reach Your Long-Terms Goals If you want to make positive changes in your life and achieve your long-term goals, I can’t think of a better way to do it than to learn how to become more self-disciplined. Science has figured out a lot of interesting aspects of self-discipline and willpower, but most of this knowledge is buried deep inside long and boring scientific papers. If you’d like to benefit from these studies without actually reading them, this book is for you. I’ve done the job for you and researched the most useful and viable scientific findings that will help you improve your self-discipline. Here are just a couple things you will learn

from the book: - what a bank robber with lemon juice on his face can teach you about self-control. The story will make you laugh out loud, but its implications will make you think twice about your ability to control your urges. - how \$50 chocolate bars can motivate you to keep going when faced with an overwhelming temptation to give in. - why President Obama wears only gray and blue suits and what it has to do with self-control (it’s also a possible reason why the poor stay poor). - why the popular way of visualization can actually prevent you from reaching your goals and destroy your self-control (and what to do instead). - what dopamine is and why it’s crucial to understand its role to break your bad habits and form good ones. - 5 practical ways to train your self-discipline. Discover some of the most important techniques to increase your self-control and become better at resisting instant gratification. - why the status quo bias will threaten your goals and what to do to reduce its effect on your resolutions. - why extreme diets help people achieve long-term results, and how to apply these findings in your own life. - why and when indulging yourself can actually help you build your self-discipline. Yes, you can stuff yourself (from time to time) and still lose weight. Instead of sharing with you the detailed "why" (with confusing and boring descriptions of studies), I will share with you the "how" – advice that will change your life if you decide to follow it. You too can master the art of self-discipline and learn how to resist temptations. Your long term goals are worth it. Scroll up and buy the book now. As a gift for buying my book, you'll get my another book, "Grit: How to Keep Going When You Want to Give Up." Keywords: Develop self discipline, willpower and self discipline, self-discipline, self control books, stress, reach your goals, self-control, achieve your goals, instant gratification, long term goals, goal setting success, goal setting books, how to reach your goals, how to achieve your goals, persistence, how not to give up, stick to a diet, stay motivated, build habits, delayed gratification, personal development

Self-Disciplined Dieter

How to Lose Weight and Become Healthy Despite Cravings and Weak Willpower *Meadows Publishing*

How to Lose Weight and Become Healthy with the Power of Self-Discipline How often have you tried to lose weight or start eating healthier simply to get frustrated and revert back to your old, bad habits? Is this your first time to try, and friends and family are telling you how difficult it is? What if I told you there are things that can make it easier than you think? Everyday temptations drain your determination and cause frustrating slip-ups when you’re on a diet. You become extremely aware of everything you can’t eat, and it seems like everyone else is eating those things right there. Meanwhile, you look in the mirror or at the number on the scale, and don’t see the results promised by the infomercials. Eventually, the temptations chip away at your willpower and "maybe just this once" turns into "whatever, I’ve already failed." It isn’t long before the little weight you lost has made a re-appearance, and possibly brought some friends. This scenario is too common. Self-Disciplined Dieter has the secrets to change it and break the cycle of dieting, getting frustrated, gaining weight back, and dieting again. You’ll see permanent results while eating what's good for you and feeling more satisfied without totally giving up the foods you love. Inside, you’ll learn: - how to overcome (or completely remove!) the most common obstacles that can make or break your diet (like being hungry while you’re on a diet), - what daily habits contribute to setbacks and how to replace them with better alternatives to design a healthy lifestyle (just one bad habit can add more than 500 calories a day to your diet), - how to deal with cravings and temptations (including a morbid, but extremely effective mind trick), - how to like healthy foods as much as, if not more than, unhealthy foods (it's all about making small changes), - how to increase satiety to stick to your diet (the right foods can be up to seven times more satiating), - and how eating healthy can be actually cheaper than eating off a fast food dollar menu (it can be a money saving technique, too). Inside you won’t find the gimmicky "well, duh" tricks so many dieting fads say are the secret to weight-loss. In fact, they aren’t tricks at all. The tips inside are scientifically proven (and supported) strategies and tools to lessen the burden on willpower and help you finally reach your weight loss goals. You want to change your life for the better. Together, we can help you shed off those extra pounds – and keep them off – while shifting your view away from short-term frustrations to long-term results and lifelong health. Keywords: Develop self discipline, willpower and self discipline, self-discipline, self control books, stress, reach your goals, self-control, achieve your goals, instant gratification, long term goals, goal setting, success, goal setting books, how to reach your goals, how to achieve your goals, persistence, how not to give up, stick to a diet, stay motivated, build habits, how to be healthy, how to lose weight

Grit

How to Keep Going When You Want to Give Up *Meadows Publishing*

Tempted to Give Up? Here’s How to Keep Going If you browse through the interviews with some of the most successful people on Earth, you'll find one common piece of advice shared by virtually all of them: They never give up on their big goals. Research shows that grit is a better predictor for success than any other factor. The ability to keep going despite setbacks is more important than your IQ, character or other external factors like your upbringing or surroundings. But what does it really mean to “never give up”? What exactly is grit? How do you persevere when faced with larger than life difficulties? How do you keep going when you’re at the brink of exhaustion and all your hard work hasn’t been rewarded yet? I wrote this book to explore the subject of persistence from a more scientific point of view than cliché self-help sayings. I want to share with you how exactly to stick to your goals according to peak performers and science – not vague motivational advice that assumes we have unlimited strength once we’re motivated enough. Here are just a couple of things you will learn from the book: - A crucial piece of advice you can learn from the first people who reached the South Pole. If you make the wrong choice, you’ll burn out – guaranteed. - What famous American comic Jerry Seinfeld did in his early days of career to keep going. It’s a simple trick that provides huge results. - What a study on top musicians, athletes, actors and chess players can teach you about achieving results and persistence. The elite performers practice much fewer hours than you believe. - Five of the most common ways you lead yourself to self-sabotage. Usually, you’re not even aware of how many of your efforts go for naught simply because of the five things I discuss in this book. - According to studies, this one trait is strongly associated with grit and persistence. Learn what it is and how to develop it in five different ways. - Five focusing questions to keep going. Asking yourself these questions will help you boost your motivation when you’re at the brink of giving up. - How listening to others whining makes a part of your brain shrink and affects your ability to persevere when faced with setbacks. - Six bestselling authors and bloggers share their best techniques on how to keep going when you want to give up: Stephen Guise (author of “Mini Habits: Smaller Habits, Bigger Results”), Joel Runyon (blogger at ImpossibleHQ.com), Serena Star-Leonard (bestselling author of “How to Retire in 12 Months: Turning Passion into Profit”) Derek Doepker (bestselling author of “Why You’re Stuck”), Michal Stawicki (bestselling author of “Trickle-Down Mindset: The Missing Element In Your Personal Success”), and Hung Pham (bestselling author of “Break Through: 12 Powerful Steps to Destroy Your Mental Barriers and Achieve Success”). There's no reason why you should give up if you’re working on the right goal. Learn how to make sure you’ll

reach your objectives. Scroll up and buy the book now. For more free resources, sign up for my self-improvement newsletter: <http://www.profoundselfimprovement.com/grita> Keywords: How not to give up, persistence, grit, how to keep going, how to reach your goals, how to achieve goals, how to achieve success, how to be resilient, how to be strong, how to be tough, success mindset, success tips, psychology of success, success psychology, self-discipline, self-help books, personal development ebooks, personal development books, personal growth success, personal growth and inspiration

Self Discipline Mindset

Why Self Discipline Is Lacking in Most and How to Unleash It Now *Createspace Independent Publishing Platform*

This book has actionable information that will help you to supercharge your self-discipline to achieve great feats in life. We all set many goals in life and hope that we will achieve them. Unfortunately, many of us don't have the discipline to follow what it takes to transform these goals to reality. We somehow lose our passion and drive to do what needs to be done after setting goals. Think about it; every year, we all set New Year's resolutions with the hope that by the end of the calendar year, we would have changed different aspects of our lives. We start off overly excited that by the end of the year, our life would be completely different. However, that doesn't happen for many of us because we lose our focus and passion for whatever it is that we want to achieve. As you well know, you cannot go far in life if you cannot implement everything needed to transform your goals into reality. You cannot chase your dreams and actualize your goals if you are not determined, strong willed, and have the power to control emotions, desires, and feelings that derail your goals and their achievement. To achieve success, you must boss your thoughts and emotions as well as exercise perseverance and endurance, which are extremely important self-discipline ingredients. Cultivating these character traits may sound challenging right now, but by the time you reach the last page of this book, self-discipline will come easy to you; you will find no difficulty in exercising self-discipline, and going after everything you desire. This book is the ultimate self-discipline master guide: it aims to teach you how to develop the self-discipline you require to pursue your goals, while avoiding distractions that tend to derail your goal pursuit. Make the best use of this wonderful opportunity and learn how to unlock your self-discipline right now.

This Time Will Be Different

A Short Book on Making Permanent Changes *Meadows Publishing*

Do You Want to Make a Permanent Change? This Time Can Finally Be Different! Making a permanent change often feels outright impossible. Making one attempt after another, you fail and continue to fail, and it seems there’s no way to make the change stick for longer than a couple of weeks. Perhaps... except some people somehow manage to stick to their resolutions in the long term and their lives do get better — permanently. What makes the difference between those superheroes and “mere mortals”? More importantly, can the “mortals” acquire those superpowers, or should they accept that they'll never be able to permanently change their lives? Written by bestselling author, Martin Meadows, This Time Will Be Different: A Short Book on Making Permanent Changes goes through a 4-step process called STAR that will take you on a journey, from the moment you introduce a new change, all the way to how to live your life after you’ve successfully implemented it. Designed to be a short read packed with practical advice, you can finish the entire book in just one or two sittings and quickly begin to implement it in your own life. Here are just some of the things you’ll learn from the book: - One motivator you might not have thought about that can mean the difference between failure and success. Don't proceed any further until you learn about it... - What motivational links are and why they’re crucial if you want to introduce permanent changes. This unique concept alone can be enough to successfully implement a change in the long term. - How to gain traction when implementing new changes. Discover CCC, a 2-step process designed to help you undergo an identity shift that leads to a permanent change. - 5 tools to help you persevere when you’re struggling to stick to your new resolution. That’s when most people give up. Avoid their fate by applying the strategies discussed in this chapter. - 3 core principles to live your success. It’s not only about reaching success; it’s also about maintaining it, which is often trickier than achieving it. Learn how to ensure permanent, long-term success. If you’re tired of consistently unsuccessful attempts and itch for a permanent positive change in your life, buy this book now and learn how to finally make this time different! Keywords: reach your goals, success, how to achieve your goals, make a permanent change, personal development, build habits, develop a new habit

Self-discipline in 10 Days

How to Go from Thinking to Doing

Daily Self-Discipline

Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals *Meadows Publishing*

These Habits and Exercises Will Help You Build Iron-Like Resolve and Self-Discipline Do you make goals, yet get discouraged when your plans don’t work? We all know that person who seemingly was born to succeed. Fitness, health, business, they achieve all their goals. You want that success, and know you can get it... but how? Everywhere you turn, there are obstacles that block your path. Being successful doesn't mean avoiding them, it means meeting those obstacles head-on and pushing through. You need the self-discipline and willpower to see you through to the end. You need the tools that will enable you to have that self-discipline and willpower. Daily Self-Discipline has those tools. Inside, you'll learn methods to: - develop powerful self-discipline by building a fit body and mind, - thrive in face of adversity, cravings, temptations and discomfort and feel good about it, - develop key self-awareness skills to push yourself through to your goal, - gain a clear vision of how self-discipline works that will inspire you to carry on no matter what, - keep pushing when nothing seems to work and you're on the verge of giving up. Each page of this book is designed to help you build the self-discipline that leads to the resiliency and mental strength you need on a daily basis. Simple everyday exercises and habit-forming practices will teach you the skills you need to overcome obstacles and have confidence in yourself and your path to success. Keywords: develop self discipline, willpower and self discipline, self-discipline, self control books, stress, reach your goals, self-control, achieve your goals, instant gratification, long term goals, goal setting success, goal setting books, how to reach your goals, how to achieve your goals, persistence, how not to give up, stick to a diet, stay motivated, build habits, delayed gratification, personal development

An Illustrated Guide to Self-Discipline

50 Habits to More Self-Control, Success, and Satisfaction in Life

The author shares brief discussions and illustrated suggestions for fifty habits to develop the skill of self-discipline.

School Discipline and Self-Discipline

A Practical Guide to Promoting Prosocial Student Behavior *Guilford Press*
How can schools create safe, well-supervised classroom environments while also teaching students skills for managing their behavior on their own? This invaluable guide presents a framework for achieving both of these crucial goals. It shows how to balance external reinforcements such as positive behavior supports with social-emotional learning interventions. Evidence-based techniques are provided for targeting the cognitive and emotional processes that underlie self-discipline, both in classroom instruction and when correcting problem behavior. Describing how to weave the techniques together into a comprehensive schoolwide disciplinary approach, the book includes over a dozen reproducible forms, checklists, and assessment tools. The large-size format and lay-flat binding facilitate photocopying. This book is in The Guilford Practical Intervention in the Schools Series, edited by T. Chris Riley-Tillman.

Meditations on Self-Discipline and Failure

Stoic Exercise for Mental Fitness *John Hunt Publishing*
A collection of meditations in the Stoic tradition. Meditations on Self-Discipline and Failure provides access to the ruminations, practices, and applications of ancient Stoic philosophy as deployed by a contemporary professional philosopher with twenty five years of experience teaching, researching, and publishing articles in academic journals. Each meditation is presented in the second person, encouraging the reader to examine their struggles and failures in the pursuit of self-improvement and enlightenment.

Everyday Evolution

Practical Perspectives on Personal Growth, Permanent Changes, and Progress in Life *Meadows Publishing*
If You’re Expecting a Revolution, Expect Disappointment The world wants to sell us the idea that all we need to succeed is one lucky event. One lucky event and your dreams come true, your problems are forever solved, and everything is perfect. But life doesn’t work that way. Those who expect an overnight revolution in their lives end up right back where they started—bitter and angry at the merciless world that placed so many obstacles on their path to a better life. If you wish to make your dreams come true, instead of hoping for a revolution, prepare for an evolution—an arduous but fruitful everyday process of self-improvement. And for that, Everyday Evolution, a new release by bestselling author Martin Meadows, has you covered. Here are some of the things you’ll learn from this book: - When dreaming is dangerous and how dreaming strategically can help you accomplish your goals rather than sabotage them. - Five traps that stem from fixating on events which can jeopardize your goals and set you up for failure. - An overlooked, crucial step that will help you overcome plateaus and enjoy sustainable, long-term success. - Five tips to stay determined over the long term, including a morbid strategy inspired by Japanese movies and a method based on the findings of a relationships expert. - Six ways to improve yourself daily, including focusing on various important areas of your life that you might have not considered before. Don’t fall victim to the trap of event-obsessed thinking. Learn how to cultivate and enjoy a process-oriented outlook for consistent progress towards your goals. Buy the book now and begin a new chapter in your life. Keywords: evolution, personal growth, permanent changes, progress, achieve your goals, reach your goals, improve yourself

From Failure to Success

Everyday Habits and Exercises to Build Mental Resilience and Turn Failures Into Successes *Meadows Publishing*
Discover Everyday Habits and Exercises to Overcome Failure and Achieve Success How many times did you fail and gave up out of frustration or discouragement? How often does failure ruin your resolve and send you back to square one, only to fail over and over again, with little hope anything will ever change? Written by bestselling author Martin Meadows, From Failure to Success: Everyday Habits and Exercises to Build Mental Resilience and Turn Failures Into Successes reveals what failure really is and how to deal with it in a constructive way that will help you achieve success. The author has suffered through multiple failures in his own life. He spent several years launching one failing business after another. He struggled to change his physique, despite doing all the right things as preached by the experts. For a long time, his social life barely existed because he struggled with crippling shyness. In the book, he shares his vast experience of how he turned failure into a friend and finally achieved the success he had failed to reach for years. Here's just a taste of what you'll learn from the book: - A different way of thinking about failure. Applying this mental shift will change your perception of what failure and success are and fine-tune your brain to automatically convert obstacles into wins. - 7 types of failure and how to handle them - including failure due to self-sabotage, fear, unrealistic expectations, self-licensing, and more. Each chapter talks about a different source of failure and comes with tips on how to overcome it and prevent it in the future, along with valuable exercises you can perform to better understand the discussed concepts. - 5 rules and exercises to develop and maintain a success-friendly mindset. Discover 5 principles the author follows in his life to ensure that even with failures, he will eventually reach success with every goal to which he sets his mind. - A 5-step process to cope with failure and bounce back. If you're struggling to recover from failure, this strategy will offer you step-by-step instructions on how to process the failure and restart your efforts. - 3 master strategies to build strength to keep going. Discover three fundamental techniques that will help you build mental resilience and determination. - 4 reasons to give up. Contrary to what many self-help authors say, sometimes it's better to give up than keep trying. Learn when and why it's better to drop your objective and dedicate your resources to another goal. - 10 empowering stories of people who faced insurmountable obstacles, yet turned their struggles into immense successes. Learn from real-world examples from all walks of life. Failure is a fact of life. You can get angry at it or befriend it and use it as a tool to change your life. The choice is yours. If you'd rather take the constructive approach so you can eventually win, buy the book now, study it, and apply the teachings in your own life. You, too, can develop mental resilience and turn failures into successes!

The Self-Discipline Handbook

Simple Ways to Cultivate Self-Discipline, Build Confidence, and Obtain Your Goals *Simon and Schuster*
Learn why boundaries are not bad, why humility is hard, how to milk your momentum, how passion

powers progress, why persistence is a virtue and patience is not optional. Learn how to be your own cheerleader, know your own creative cycle, and say so long to the Sunday night blues. Most importantly, learn how curiosity is the new vulnerability, and why, without it, self-discipline will never last. Do you struggle with finishing projects? Need to lose weight? Can’t get to bed at a reasonable hour? We all know we need more self-discipline, yet most of us are a bit foggy on what it actually is. Is it being on time to everything? Or early? Waking up at 5am? Doing everything everyone asks us to, on time, all the time? Or is it something more meaningful, more nourishing? This handbook will teach you how to take joy in cultivating self-discipline. Learn what it is, how to get it, why we need it, how to keep it, and why we want it. It also covers the major stumbling blocks in our way, both internally and externally. If you could use a boost of self-discipline along with a healthy dose of self-confidence, pick up this handbook today. You can’t afford not to.

Pure and Simple

How to Simplify Your Life, Do Less, and Get More *Meadows Publishing*
Get More out of Life with Less Effort You’ve heard of people living “the good life.” They always seem to have plenty of time, money, and energy to fulfill their goals and dreams. Their secret? A simple life. Pure and Simple is based on the 80/20 principle and suggests steps to simplify your life, accomplish more, and increase the quality of your time and efforts – all with less work! Inside, you’ll learn how and why you should: - limit your choices in everyday life. Discover four areas of your life that can be greatly improved. - declutter your physical and digital space. This doesn’t mean living with less than 100 things. - use the golden rules of simplification. Make decisions more quickly and with less effort. - cut unnecessary time commitments. Have the time to reach your goals and fulfill your dreams. - build a positive outlook. Learn to overcome a negative mindset to better enjoy your life. All these suggestions are laid out to help you shift away from the frustrating mindset of “fixing” your life by working harder, gaining more possessions, and holding on to what’s truly limiting you in life. Each step is supported with research by leaders in psychology, behavioral studies, and neuroscience as well as examples of real habits by successful people such as Warren Buffet and President Obama. Once you finish, you’ll be better prepared to take your life to the next level. You’ll be able to enjoy the simplicity and ease of a life without unnecessary and exhausting demands on your time and energy. More importantly, you’ll be able to stick to your simple, new habits instead of defaulting back to complexity. Buy the book now to accomplish more in less time and get more joy out of life than you thought possible. Keywords: do less get more, do less be more, do less and achieve more, how to simplify your life, simple living, simple life, minimalism living, minimalist living, how to live simply, accomplish your goals, simplification, simplifying your life, more with less, simple rules, work less make more, work less do more, work less profit more, how to declutter your life, unclutter, get rid of clutter, organize your life

No Excuses

The Power of Self-Discipline *ReadHowYouWant.com*
You don't need to have been born under a lucky star, or with incredible wealth, or with terrific contacts and connections, or even special skills...but what you do need to succeed in any of your life goals is self-discipline. Unfortunately, most people give in to the two worst enemies of success; they take the path of least resistance (in other words, they're lazy) and/or they want immediate gratification; they don't consider the long-term consequences of the actions they take today. No eYescuses! shows you how you can achieve success in all three major areas of your life; 1. Your personal goals.2. Your business and money goals.3. Your overall happiness. Each of the 21 chapters in this book shows you how to be more disciplined in one aspect of your life, with end-of-chapter eYesercises to help you apply the no eYescuses approach to your own life. With these guidelines, you can learn how to be more successful in everything you do - instead of wistfully envying others who you think are just luckier than you. A little self-discipline goes a long way...so stop making eYescuses and read this book!

Self Discipline

The Ultimate Blueprint for Success to Cure Procrastination,addiction and Laziness 365 Days a Year. Sculpt Your Strength and Confidence,and Finish Every Project Increasing Productivity
Do you know what Self Discipline is? Do you want to know how to practice it? It's not a gimmick or a fad; it's not the answer to every life problem, either. So, what is self-discipline? It's a lifestyle. It's a tool and a skill that you can learn and practice every day to achieve the life you want. None of us are born with self-discipline; you have to learn how to make it a part of your life practice. You didn't know how to tie your shoes, either, but with practice, you got better and better at it until it became second nature and didn't require conscious thought. The practice of self-discipline has an answer for everyone; it helps people work hard to get through school or get their degree; it helps people lose weight, eat healthily and have a more balanced and nutritious life. Self-discipline is a guide for you to practice how to save more money to own a home, take trips to foreign places, purchase a car, and so much more. Some of the most successful business owners, artists, singers and performers, and experts in all fields did not get there without having this important skill in their tool belt. And here's the thing, they had to learn the hard way too, just like everyone else. There really isn't a hard or an easy way when it comes to learning self-discipline. There are just attempts, practice, failure, attempts, practice, and success. You have to be okay with falling down and scraping your knees a few times on your path to having a successfully disciplined life. What does that mean? It means it's okay for you to make mistakes and start over again. The point is the effort towards reaching your goals. So many people get caught up in the perfection of self-discipline or that there is zero tolerance for failure or mistakes. Many people believe that a certain set of rules must be followed and never broken to achieve the success of this kind. This will only make it harder for you to become a life-long, self-disciplined person. You have to cut yourself a little slack, and one of the biggest reasons people stop working hard to achieve a disciplined life is that they give up with one false move or failed attempt. Burn out is a product of not forgiving yourself for the times in life that you need a break or time to play. This book will show you how important it is to allow for downtime in addition to hard work and discipline. Self-Discipline is a partnership with yourself. Learning this skill is teaching yourself how to thrive and become the person you know you already are inside. Walking the line of discipline isn't as terrifying, daunting, or challenging as you may believe. A lot of the hang-ups that people have with this process is the belief that they can't do it, or it won't stick. This book is going to show you how to let go of those beliefs and give you all of the guidance, encouragement, steps, and guidelines you need to put you on the right track to a successful life. Your enjoyment of your discipline is a lot easier than you may be thinking. It isn't like when your mom told you to clean your room, or your teacher gave you a big assignment due at the end of the week. This assignment is on you, and it is up to you to walk the line of discipline. It is your personal path to self-discovery, and you have the keys and the tickets for this joy ride. Look no more! In this

book, we will learn: the power of self-discipline the mindset of discipline self-discipline habit Find the motivation Awareness Improving focus And many more! Are you curious now? What are you waiting for? Download our book now and learn all the things you didn't know you need.

A Companion to Ethnicity in the Ancient Mediterranean *John Wiley & Sons*

A Companion to Ethnicity in the Ancient Mediterranean presents a comprehensive collection of essays contributed by Classical Studies scholars that explore questions relating to ethnicity in the ancient Mediterranean world. Covers topics of ethnicity in civilizations ranging from ancient Egypt and Israel, to Greece and Rome, and into Late Antiquity Features cutting-edge research on ethnicity relating to Philistine, Etruscan, and Phoenician identities Reveals the explicit relationships between ancient and modern ethnicities Introduces an interpretation of ethnicity as an active component of social identity Represents a fundamental questioning of formally accepted and fixed categories in the field

The Japanese Comfort Women and Sexual Slavery during the China and Pacific Wars *Bloomsbury Publishing*

The Japanese military was responsible for the sexual enslavement of thousands of women and girls in Asia and the Pacific during the China and Pacific wars under the guise of providing 'comfort' for battle-weary troops. Campaigns for justice and reparations for 'comfort women' since the early 1990s have highlighted the magnitude of the human rights crimes committed against Korean, Chinese and other Asian women by Japanese soldiers after they invaded the Chinese mainland in 1937. These campaigns, however, say little about the origins of the system or its initial victims. The Japanese Comfort Women and Sexual Slavery during the China and Pacific Wars explores the origins of the Japanese military's system of sexual slavery and illustrates how Japanese women were its initial victims.

365 Mindset Quotes

Daily Mindset Quotes to Build Strong Habits, Self Discipline and Achieve Your Goals

Shocking Statistics An Average American Reads 1 Book a Year and 50% of those are Romance Novels... Look! I do not know who you are but I am sure you are on this page right now because you are someone who wants more. You are someone who do not settle for average. You see, I totally understand the desire to want to learn and yet dread reading a long and thick book at the same time! That is why we created this book... More about this book: How do we achieve six packs? We do it by exercising regularly, learning from people who've trained it topped with disciplined daily dieting. How do we achieve a six packs mind? We do it by training it regularly, learning from people who've built their own six packs mind topped with disciplined daily positivity. I may not know much about You. One thing, however is for sure. You seek growth. You seek improvement. You want more in your life. More freedom, more happiness, more money and more success. Everything that you've always wanted begins with your mind. True or true? In 365 Mindset Quotes, you'll have access to 365 of the best Mindset Quotes that are designed to help you think better, grow faster and achieve your wildest goals. Maybe a quote that you'll read in the next 365 days will trigger a major event that has happened in your life. Maybe it would remind you of the hardship that you've gone to get this far. Maybe it will give you the permission to remind yourself that you're a gift and today is precious and no matter what happens, you remember that life happens for you and not to you. Act Now by Clicking the "Buy Now With 1-Click" Button at the Top of This Page Right Now! P.S. Here's another shocking statistic: "50% of American adults can't read a book written at an eighth grade level." P.P.S. I absolutely know that these statistics aren't you. Act Now by Clicking the "Buy Now With 1-Click" Button at the Top of This Page Right Now!

Finish What You Start

The Art of Following Through, Taking Action, Executing, & Self-Discipline *PublishDrive*

Practical tactics to grow your willpower, stop procrastination, focus like a laser, and achieve whatever you set your mind to. Following through and finishing what you start- more valuable skills than you realize. They are a combination of traits that enables you to create the life you want - without having to compromise or wait. The alternative is a status quo that you're stuck in. Is your life a series of unfinished tasks and intentions? That stops now. Finish What You Start is a unique deep dive into the psychology and science of accomplishment, productivity, and getting things done. It takes a thorough look why we are sometimes stuck, and gives detailed, step by step solutions you can start using today. Every phase of finishing and following through is covered, and even productivity pros will be able to learn something new. Above all else, this is a guide to understanding your brain and instincts better for optimal results. Channel massive productivity and mental toughness. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Resist distractions, de-motivation, temptations, laziness, and excuses. •The surprising motivations that push us past obstacles. •How daily rules and a manifesto can help you achieve. •Valuable and insightful mindsets to view productivity from entirely new lights. Seize self-control and finally accomplish your big and small goals. •The science and tactics to beating procrastination easily. •Focus and willpower pitfalls you are probably committing at this very moment. •How to beat distractions, remain focused, stay on task, and get to what matters - consistently. Transform your life through productive habits and avoiding mental traps.

Power of Discipline

7 Ways it Can Change Your Life *Sourcebooks, Inc.*

Have you ever wished you were doing more with your life? The Power of Discipline by Brian Tracy illustrates how discipline alone can be the difference between winning and losing, between greatness and mediocrity. The real key to this book, however, is how it ties the power of discipline to 7 critical areas of your life, which are: goals, time management, personal health, responsibility, character, courage, and finances.

Unlocking Greatness

The Unexpected Journey from the Life You Have to the Life You Want *Rodale Books*

A guide to successfully getting the life you want by changing your perspective and discovering your ideal self. More often than not, our own mental obstacles are holding us back from the joy, fulfillment, and meaning that we all crave, but by retooling our perspectives, we gain the ability to see the path toward the life we truly desire. Charlie Harary, business executive, professor, speaker, and radio host, combines the wisdom of science, spirituality, and personal growth in practical and understandable terms so you can take the life you have and make it the life you want. Everyone has

the extraordinary capacity to transform their life. And it's easier to do than you might think—in order to get what you want, to achieve that sense of greater life satisfaction, all you need to do is learn how to best use the resources you already have. Based on the latest research into the brain's neuroplasticity, analysis of ancient wisdom, and exploration of the practices of today's greatest achievers, Harary offers guidance and inspiration so you can break through the clutter and confusion of your life and find your true purpose.

Self Discipline Begins With The Mastery Of Your Thoughts. If You Don't Control What You Think You Can't Control What You Do

Daily Success, Motivation and Everyday Inspiration For Your Best Year Ever, 365 Days to More Happiness Motivational Year Long Jour

Day Writing Journals the Blank Lined Notebook Writing Journal is ideal Gifts who Love day to day writing Notebooks and Capture Thoughts, Or for everyone who wish to surprise their favorite relative or loved ones and lets you make your holiday as a memorable one. Creative Taking Notes Journal Explore Your Inner Gratitude Journaling Perfect Gifts for your Relative on your Favorite Holiday, Father's Day, Mother's Day, Christmas, Birthday, Graduate, Education, School, Special Occasion and Everyday A Memorable and Thoughtful Funny Design on the Cover 104 pages Blank Lined Paper Measures 6" x 9" with Softcover Book Binding Black And White Interior Journal Notebook for Women Men Kids Boys Girls Family Childhood, Youth, Coming Of Age, Death, Loss, Grief, Depression, Family Life, Self Help, Friendship, Love, Marriage, Anniversary, Pregnancy, Spiritual, Travel, Voyage, School, College, University, Career, Workplace, Working, Office, Divorce, Marriage, Parenting, Parent And Children, Dating, Relationships, Singlehood, Single Women, Sister, Wedding, Mom, Dad, Grandpa, Grandma, Brother, Aunt, Daughter, Son, Uncle, Cousin Day Writing Journals provides you year round unique Motivation and Everyday Inspiration Journals, Diaries, Coloring books, Planners, Picture Books, Sketchbooks, Children Activity Books, Comic, Music and Notebooks that are perfect gifts or your own writings. Get creative with us Capture Your Thoughts in This Reflective Writing Notebook that makes your day as a memorable one! Get your copy today "

Self Discipline

Reprogram Your Mind, Sculpt Your Strength and Self-Confidence, Train Your Mental Strength, Change and Develop Your Habits and Increase Productivity *Independently Published*

Do you know what Self Discipline is? Do you want to know how to practice it? It's not a gimmick or a fad; it's not the answer to every life problem, either. So, what is self-discipline? It's a lifestyle. It's a tool and a skill that you can learn and practice every day to achieve the life you want. None of us are born with self-discipline; you have to learn how to make it a part of your life practice. You didn't know how to tie your shoes, either, but with practice, you got better and better at it until it became second nature and didn't require conscious thought. The practice of self-discipline has an answer for everyone; it helps people work hard to get through school or get their degree; it helps people lose weight, eat healthily and have a more balanced and nutritious life. Self-discipline is a guide for you to practice how to save more money to own a home, take trips to foreign places, purchase a car, and so much more. Some of the most successful business owners, artists, singers and performers, and experts in all fields did not get there without having this important skill in their tool belt. And here's the thing, they had to learn the hard way too, just like everyone else. There really isn't a hard or an easy way when it comes to learning self-discipline. There are just attempts, practice, failure, attempts, practice, and success. You have to be okay with falling down and scraping your knees a few times on your path to having a successfully disciplined life. What does that mean? It means it's okay for you to make mistakes and start over again. The point is the effort towards reaching your goals. So many people get caught up in the perfection of self-discipline or that there is zero tolerance for failure or mistakes. Many people believe that a certain set of rules must be followed and never broken to achieve the success of this kind. This will only make it harder for you to become a life-long, self-disciplined person. You have to cut yourself a little slack, and one of the biggest reasons people stop working hard to achieve a disciplined life is that they give up with one false move or failed attempt. Burn out is a product of not forgiving yourself for the times in life that you need a break or time to play. This book will show you how important it is to allow for downtime in addition to hard work and discipline. Self-Discipline is a partnership with yourself. Learning this skill is teaching yourself how to thrive and become the person you know you already are inside. Walking the line of discipline isn't as terrifying, daunting, or challenging as you may believe. A lot of the hang-ups that people have with this process is the belief that they can't do it, or it won't stick. This book is going to show you how to let go of those beliefs and give you all of the guidance, encouragement, steps, and guidelines you need to put you on the right track to a successful life. Your enjoyment of your discipline is a lot easier than you may be thinking. It isn't like when your mom told you to clean your room, or your teacher gave you a big assignment due at the end of the week. This assignment is on you, and it is up to you to walk the line of discipline. It is your personal path to self-discovery, and you have the keys and the tickets for this joy ride. Look no more! In this book, we will learn: the power of self-discipline the mindset of discipline self-discipline habit Find the motivation Awareness Improving focus And many more! Are you curious now? What are you waiting for? Download our book now and learn all the things you didn't know you need.

365 Days of Positive Self-Talk

From the best-selling author of "What to Say When You Talk to Your Self." Dr. Shad Helmstetter's latest book, "365 Days of Positive Self-Talk," is wonderfully uplifting as a daily inspirational guide, with positive selftalk messages for every day of the year. Along with the powerfully motivational self-talk messages, the book includes dozens of helpful and informative "Self-Talk Tips" throughout the book, giving readers a clear understanding of how self-talk works, and how to apply it in every area of their lives. (This book is a perfect gift for yourself, and for everyone you care about.)

A Leader's Heart

365-Day Devotional Journal *Thomas Nelson*

Leaders need encouragement too, and who better to send it than the leader of leaders! Applauded as one of the world's most popular leadership experts, John Maxwell brings many of his winning concepts and scriptural meditations into a daily devotional/journal format, designed specifically for leaders. Each devotional is delivered with John's trademark style of confidence and clarity, followed by space for writing personal reflection. Included are a host of relevant topics including success, stewardship, teamwork, and mentoring—all topics that ring true to every leader's heart.

Daily Fitness Motivation

365 Days of the Best Motivational Quotes for Exercise, Weightloss, Self-Discipline, Training, Bodybuilding, Dieting and Living a Healthy Lifestyle

We all have those days. We come up with any excuse we can not to workout. We tell ourselves I'll go for that run tomorrow and tomorrow ends up being the next day and so on. For most of us, all we need is a little push out the door. That little spark of motivation to get us out of the chair and into the gym. With this book you'll ensure each and every day you get that spark you need. We've included some of histories most inspirational and epic quotes from histories biggest athletes and leaders, that will unleash your drive to look and perform your best.

Maximizing Your Potential *Destiny Image Publishers*

This book is a principles-centered approach to not only discovering and releasing, but also maximizing the God-given potential trapped within you. With practical, integrated, and penetrating concepts, this book takes you beyond doing good to experiencing your best. If you think you've arrived and have achieved your ultimate in life, this book is for you! If you are bored with your latest success and frustrated at the prospect of retirement, this book is for you! It will refire your passion for living and give you a reason to die empty. Learn how to die finished, not prematurely. Go for the max!

The Cure to Laziness (This Could Change Your Life)

Develop Daily Self-Discipline and Highly Effective Long-Term Atomic Habits to Achieve Your Goals for Entrepreneurs, Weight Loss, and Success

You think your lack of willpower is why you always fail. You think it's why you can't lose weight, succeed as an entrepreneur, and procrastinate and waste your day. You think if only you had willpower like other people, life would be different. Everything would change. But you are wrong. Will isn't something you have or don't. It's not genetic or gifted to you. It has to be developed. Strengthened like a muscle, built like an athlete from amateur to pro. It's not about having the "right stuff." This is about training. Self-discipline. A workout of the mind that forges a new you. Over time you build habits, gain discipline. Your will begins to grow. You go from weak to strong. Things that once were hard become much easier for you. When you were a child you had to learn to balance, how to stand. At first it seemed impossible. You fell so many times. But you practiced every day. You got better. Soon your feet carried you. You walked, you ran, and you jumped. Eventually, your legs and body worked in perfect unison. To stand was nothing. To balance was automatic. You became disciplined. You built habits out of processes that were once so hard for you. In time, and with training, surmounting the impossible became your natural response. But somewhere along the way you forgot what that was like. You forgot the hard work and effort. You forgot how many times you fell. You forgot that you couldn't always control your muscle, and you forgot about the long hours it took to build a skill into habit. But I will remind you. Inside you'll learn to: Rediscover what it means to have self-discipline and the secrets to build it. Train yourself to go from practically non-existent willpower to the will of a Navy Seal. Build habits of enduring the hard parts until success becomes the ONLY response. Amass an inner sense of fortitude that kicks down walls that try to limit you. Finally remember how it feels to achieve your desires in everything you do. If that sounds like the transformation you need in your life, then scroll up and order your copy right now

Mind Your Mind *Prabhat Prakashan*

This ebook contains articles about the powers of the mind and the power of thoughts, and how to use them for achieving success. You will also find here articles about peace of mind and how to attain it.

Transforming the Workforce for Children Birth Through Age 8

A Unifying Foundation *National Academies Press*

Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and

ultimately improve outcomes for children.

365 Days

365 Dni *Simon and Schuster*

The sexy and deeply romantic internationally bestselling novel that inspired the blockbuster Netflix movie. Laura Biel and her boyfriend are on a dream vacation in beautiful Sicily. On the second day of their trip, her twenty-ninth birthday, she is kidnapped. Her kidnapper is none other than the head of a powerful Sicilian crime family, the incredibly handsome, young Don - Massimo Toricelli, who is determined to possess her at all cost. Massimo has his reasons. During an earlier attempt on his life, a vision appeared before his eyes: a beautiful woman, identical to Laura. After surviving the attack, he vows that he will find the woman in his vision and make her his own. No matter what. For 365 days, Massimo will keep Laura captive in his palatial estate and attempt to win her heart. If she doesn't fall in love with him during this time, he will let her go. But if she tries to escape at any point, he will track her down and kill her entire family. Soon Laura develops a fascination with her handsome and powerful captor. But as a precarious, risky relationship forms between them, forces outside their control threaten to tear them apart . . .

How to Help Yourself With Self-Help

A Short Guide on How to Use Self-Help Books to Achieve Your Goals *Meadows Publishing*

Are Self-Help Books Good for Anything? Have you ever bought a self-help book, read it cover to cover, only to find that nothing changed for you? How many hours have you wasted this way, expecting to improve your life by simply being inspired by something you read? The hard truth is that it's easy to read self-help, but difficult to implement it in real life. First you need to figure out what exactly to read, and then you need to know what exactly to do with the advice you find inside. The world of self-help has a lot of traps, and throughout my years as a voracious reader, I've fallen into probably all of them. Now, as both a reader and an author of self-help books, I'd like to share with you some advice on how to use self-help books in a way that will actually help you achieve real-world results. Here are some of the topics I cover in my short guide How to Help Yourself With Self-Help: - The 5 most common pitfalls of self-help and how to avoid them (you've probably fallen victim to most of them). - Tips on how to identify what specific area of your life you should target first in order to benefit the most from reading self-help. - What confirmation bias is, why it's dangerous, and how to escape it to stay flexible and enjoy consistent personal growth. - How to interpret the advice you get from a book and tailor it to your life circumstances (cookie-cutter approaches don't work). - Why it's sometimes better to skip self-help books and what to read instead to help you achieve your goals and become a better person. Don't let another self-help title become just another book on your shelf. Learn how to read in a more strategic way and, more importantly, act on the advice you get. This short guide can be your first step toward the new you.

Think and Win like Dhoni

5 Success Secrets *Jaico Publishing House*

Do you tend to buckle under pressure? Do you find yourself losing your cool in stressful situations? Do you find yourself unlucky in spite of working hard? Think and Win Like Dhoni is not just a usual book about cricket, but a book that will help you to beat the odds. Get ahead of your competitors using tips and tricks from the Indian captain Mahendra Singh Dhoni's life, shared by the man himself! Everyone says MS Dhoni is lucky. But have you ever wondered why he is so lucky? How does he manage to cash in on opportunities? How does he remain calm in the face of immense pressure? What makes him a great leader and a youth icon? Discover the mind power of the boy who travelled the road of exclusivity, from being a regular Ranchi lad to a worldfamous cricketer. Learn how to build confidence, dismiss fear, and perform topclass so that you enjoy immense success in work and life. Sfurti Sahare is an enthusiastic girl who likes to do everything with great passion. Nagpurborn Sfurti completed her degree in computer engineering from Pune University and turned her attention to motivational speaking to inspire the young and the old alike and make a difference in their lives. Driven by her love for cricket, Sfurti aspires to work with the Indian cricket team in the near future.

365 Days of Power

Personalized Prayers and Confessions to Build Your Faith and Strengthen Your Spirit *Destiny Image Publishers*

Living a Christian life can be difficult with increased pressures from the enemy through relationship, finances, physical well-being, and mental strongholds-the challenges of living in a fallen world. You need, more than ever, the strength of God's Word to build up your inner man. It's that inner strength that will keep your faith strong and give you the ability to overcome the world. (1 John 5:4) This powerful collection of prayers and confessions are designed to help you build your inner man and help you grow spiritually as never before. Every day of the year, you can pray God's Word into your situations and confess His answers over your life. God's power is available to change your circumstances and help you overcome in every area. Rick Renner gives readers a powerful collection of prayers and confessions for every day of the year. Taken from his 1,000-page devotional, Sparkling Gems From the Greek, this smaller version contains all the prayers and confessions from the original book in a sleek format that is easy to use and understand. Each devotional prayer and confession is based on a powerful Scripture and in-depth Greek and Hebrew word studies. Readers will receive insight into the Scriptures and learn to pray according to God's Word and His will. By releasing these powerful prayers of faith, readers will grow spiritually like never before!