



Mental Toughness: How to Develop Mental Toughness an Unbreakable Mindset (Paperback)

By Benjamin Smith

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Mental Toughness: How to Develop Mental Toughness An Unbreakable Mindset (4 Book Bundle) Book 1) SELF-DISCIPLINE: Techniques to Help Develop Willpower and Motivation to Live a Successful Life Man is the supreme being. He excels in his life due to his capacity for arranging his thoughts and learning from experiences. The underlying character that helps him to achieve this is self-discipline. Learning helps one progress in whichever field one chooses. However, one must control the mind to do this. Through a systematic approach, one can train the mind to behave in the way one wants. Self-control, the sibling of self-discipline, comes through constant application only. Here in this book, we will see how to take these vital steps to develop willpower and achieve motivation for a successful life. You will also read about the difficulties one encounters when one begins training and the methods of overcoming these problems. Happiness occurs when every person in the society has the ability to contribute in a positive way. Learn the methods that help one overcome drawbacks and find the right approach...



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