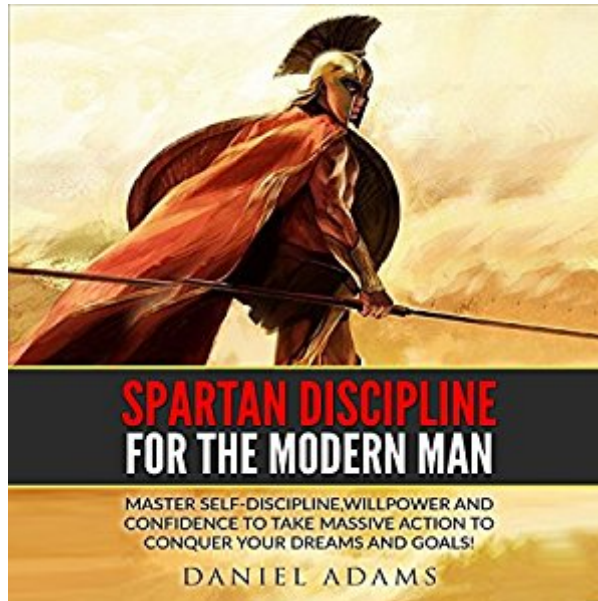




The book was found

Self-Discipline: Spartan Discipline For The Modern Man



Synopsis

Master self-discipline, willpower, and confidence to take massive action to conquer your dreams and goals! Unleash your inner Spartan! If you are undisciplined and want to gain warrior-like discipline to achieve your goals, this is the book for you! Daniel Adam's Self-Discipline: Spartan Discipline for the Modern Man will teach you power tools to achieve this discipline and crush your goals. Some of the incredible skills included are: How to change your mindset for action. How to eliminate distractions, negativity and temptations that are slowing you down. Gaining more willpower How to go from hard discipline to being a maintained habit. Making and keeping commitments Don't delay. Download your copy of Self-Discipline: Spartan Discipline for the Modern Man.

Book Information

Audible Audio Edition

Listening Length: 56 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Daniel Adams

Audible.com Release Date: June 17, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01H62AZZ4

Best Sellers Rank: #186 in Books > Health, Fitness & Dieting > Mental Health > Dreams

#1054 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #5452

in Books > Self-Help > Personal Transformation

Customer Reviews

Thus is a great overview of self-discipline too many people lack. The author provides some powerful steps for you to implement in your way to being in charge of your life. If you lack self-discipline, give this a try. The steps work.

[Download to continue reading...](#)

Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline) Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) NAVY SEAL DISCIPLINE; The

Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1)

Self-Discipline: Spartan Discipline for the Modern Man Spartan UP! 2016 Day-to-Day Calendar: A Year of Tips, Recipes, and Workouts for Living Spartan Spartan UP! 2017 Day-to-Day Calendar: 365 Tips, Recipes, and Workouts for Living Spartan Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals Self-Discipline for Entrepreneurs: How to Develop and Maintain Self-Discipline as an Entrepreneur Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series Daily Self Discipline: Tips and Techniques On How To Develop, Build and Improve Self Control To Gain Meaning, Get More Success, and Become a Shining No-Excuse example (Journey Book 2) The Iron Man Collection: Marvel's Iron Man, Marvel's Iron Man 2, and Marvel's Iron Man 3 Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems (Positive Discipline Library) Positive Discipline for Preschoolers: For Their Early Years--Raising Children Who are Responsible, Respectful, and Resourceful (Positive Discipline Library) Axios: A Spartan Tale Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)