



Unbreakable Willpower: Learn The Amazing Secrets Of Self Control, Self Discipline, The Killer Instinct And The Art Of Mental Training

Janet Springer

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Lack of willpower is cited as the number one reason why people don't follow through on their goals. It's the top inhibitor of dieting, regular exercising, practicing religion or sports, doing homework, finishing the housework, getting to appointments on time, finishing personal projects, and getting out of unhealthy ruts. Willpower at its most rudimentary is what gives follow-through to any objective. Willpower is the reason why any author starts and finishes a book, any musician is able to write and record their music, and any entrepreneur is able to launch a new product despite everyone in their lives telling them that it's not going to sell.

If you want to lose weight and keep it off, run a marathon, climb a mountain, train your dog, make more money, learn ballet, make a friend, get out of debt, buy a house, or find love ect., but you can't seem to stick with your plan no matter how determined you are, then this book by author Janet Springer entitled Unbreakable Willpower is for you. It is meant to give you a down-to-earth look at how big of an impact making small decisions can have in your life and give you practical, creative strategies to help you implement those decisions in your daily life. In addition, you will also learn the amazing secrets of self control, self discipline, the killer instinct and the art of mental training.

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