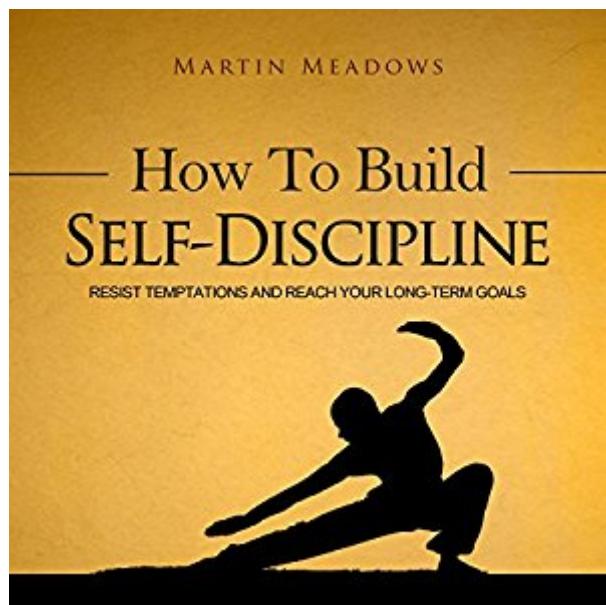


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# How To Build Self-Discipline: Resist Temptations And Reach Your Long-Term Goals



## Synopsis

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, boring scientific papers. If you'd like to benefit from these studies without actually reading them, this audiobook 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 few of things you will learn from this audiobook: What a bank robber with lemon juice on his face can teach you about self-control. This 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. Why the popular method 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 if you want to break your bad habits and form good ones. Five practical ways to train yourself in self-discipline. Discover some of the most important techniques to increase your self-control and become better at resisting instant gratification. 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. You too can master the art of self-discipline and learn how to resist temptations. Your long-term goals are worth it. Scroll up to buy the audiobook now.

## Book Information

Audible Audio Edition

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## Customer Reviews

Martin Meadows is the pen name of an author who has dedicated his life to personal growth. He constantly reinvents himself by making drastic changes in his life. Over the years, he has: regularly fasted for over 40 hours, taught himself two foreign languages, lost over 30 pounds in 12 weeks, ran several businesses in various industries, took ice-cold showers and baths, lived on a small tropical island in a foreign country for several months, and wrote 400-page long novel's worth of short stories in one month. Martin likes to test his boundaries to discover how far his comfort zone goes. The bio of the author is significant cause of the nature of his book. In his introduction he lays out his thoughts well: 'The only choices that make the difference between mediocrity and success are the hard choices. The choice to stop eating unhealthy food and change your eating patterns. The choice to get rid of your television set and spend time educating yourself. The choice to follow your dreams instead of conforming to the common idea of success that doesn't give you joy. The choice to keep fighting when you can barely stand on your feet. Self-discipline is the key that will help you make these hard decisions instead of sticking with what's easy and comfortable. People who focus on instant gratification - things that are safe, easy and comfortable - rarely reach their long-term goals. How do you build self-discipline in your life? How do you resist short-term rewards in order to reach your long-term goals? This book is the answer to these questions.' In this entertaining while fascinating and helpful book Martin discusses in depth the fundamentals of self-discipline, visualizing our goals, monitor ourselves - what is our why?

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