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was more focused on
techniques to deal with
specific problems,
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about turning yourself
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successfully use this
skill for personal
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However, in *Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline And Achieve Your Goals*, Martin Meadows does a great job with following up every exercise w. The author did a great job breaking down the branches of self discipline in a clear and descriptive way.

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Everyday Habits
Habits: The Pathway to
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Considering that so
much of what we do on
a daily basis is habit-
driven, developing the
right habits will help to
instill the right amount
of discipline into our
lives.

How to Discipline Yourself With 10 Habits - Wanderlust Worker

The sooner you can
make those decisions

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automatic (habits) the faster you will reach your goal. In this case, you may need to be self-discipline between 18 and 256 days. Many people will only need 66 days to form a new habit. Self-discipline will help you form habits. You do not to be disciplined every single day.

You Need Self-Discipline To Develop Habits - 90

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daily habits has always been a struggle for me. I like the authors style because you get top quality information in a succinct and powerful way. Every chapter is followed by a summary of the key points, which makes it easy to go back and review what you have read.

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In *Daily Self-Discipline*, Martin Meadows provides you with clear and actionable advice that will give you the tools to build those habits and systems for Success on a daily basis. I am an avid reader of Meadows' work and there are few self-help book authors who have his uber-practical and down-to-earth style that allows

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me to take information
and advice and
immediately see how I
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appreciate routine

even while we try to
embrace some

spontaneity, we're
admittedly fascinated

by the drive,

dedication, and self-

discipline embodied by

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Olympic athletes.

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protein grams and
being mindful of
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