



Willpower: How to Achieve your Goals by Making a Plan and Sticking to it with Self-Control, Discipline, and Ease

K.B. Bryson

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If you're curious about how Willpower works, and how it can transform your life by helping you control your decisions, resist temptations, and achieve your goals, then this book is for you! People often blame the lack of their own willpower as one of the key barriers to change, thus preventing them from achieving their own life goals. The inability to discipline and control one's self often results in faulty choices and poor decisions. Goal-setting may be a good starting point in working towards your goals, but if you can't stick to the plan with the right amount of discipline and willpower, then achieving those goals will be a difficult task. This book will explain what willpower is, how it works, and gives you specific advice on how to strengthen your willpower to achieve your life goals.

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