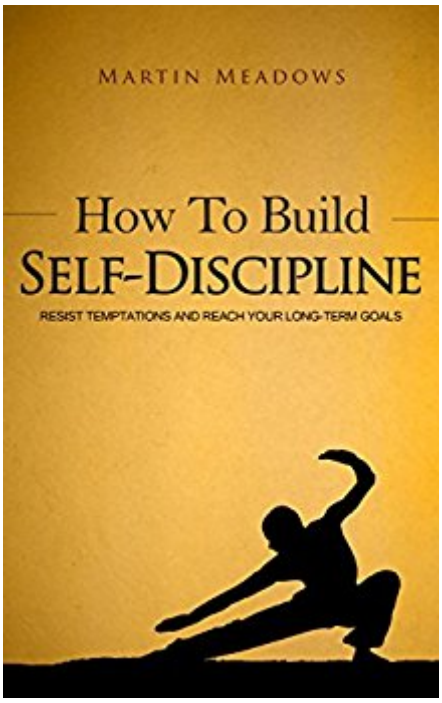
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How To Build Self-Discipline: Resist Temptations And Reach Your Long-Term Goals



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Synopsis

How to Develop Self-Discipline, Resist Temptations and Reach Your Long-Terms GoalsIf you want to make positive changes in your life and achieve your long-term goals, I canÃ¢â ¬â„¢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 and boring scientific papers.If youÃ¢â ¬â„¢d like to benefit from these studies without actually reading them, this book is for you. IÃ¢â ¬â„¢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 couple things you will learn from the book:- what a bank robber with lemon juice on his face can teach you about self-control. The 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 (itÃ¢â ¬â„¢s also a possible reason why the poor stay poor).- why the popular way 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 itÃ¢â ¬â„¢s crucial to understand its role to break your bad habits and form good ones.- 5 practical ways to train your self-discipline. Discover some of the most important techniques to increase your self-control and become better at resisting instant gratification.- why the status quo bias will threaten your goals and what to do to reduce its effect on your resolutions.- why extreme diets help people achieve long-term results, and how to apply these findings in your own life.- 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.Instead of sharing with you the detailed "why" (with confusing and boring descriptions of studies), I will share with you the "how" Ã¢â ¬â œ advice that will change your life if you decide to follow it.You too can master the art of self-discipline and learn how to resist temptations. Your long term goals are worth it. Scroll up and buy the book now.As a gift for buying my book, you'll get my another book, "Grit: How to Keep Going When You Want to Give Up," completely free.For more free resources, sign up for my self-improvement newsletter:http://www.profoundselfimprovement.com/htbsda

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Customer Reviews

Good starter book or refresher course in self-motivation. I would not do some of the things he does (like cold showers or extremely long fasts) but, as he says, these are only suggestions which he encourages you to create your own incentives. Overall, good book, with lots of references for deeper research.

There are some useful tips in Martin’s book. That being said it reads more like a college thesis rather than a book. Many of the ideas and concepts are left undeveloped.Meadows shares some of his "why’s" but often leaves out the how’s.Like many self-published books it lacks polish but there’s still some good substance.

Mr. Meadows has put out a book that helps set the groundwork for developing personal self-discipline. There wasn’t any use of technical jargon or over the top techniques, in fact, much of what Mr. Meadows speaks about are common things we’ve lost in our every day grind.I look forward to continuing to build on some of the Keystone Habits talked about in the book and moving forward into other books by Mr. Meadows. And if you’ve read the book, yes I recommend the cold shower too!

If you’re an educated, knowledgeable person who reads a lot, you will either give up or start skimming when you hit the end of chapter 1. The authors tone is self satisfied, uncompassionate, even contemptuous in places. I’m a coach/licensed counselor so I know that you don’t have to be so nasty in order to be very blunt. So skim. To chapter 6. The gems in this chapter and 7, plus all those lovely citations, save this work. I hope the author develops some wisdom and humility and revises, but if he doesn’t, that is my suggested roadmap.

Easy read and full of positive advice and pick me up inspiration for those with overly busy lives.

The book was short and I enjoyed reading it. I, however, expected more from it. It primarily focuses on building self-discipline for exercising and diet. If this is your concern, then this book might be for you. Unfortunately, the extensive focus to these activities does not provide enough help for other situations in my opinion. Although many of the suggested methods to build self discipline are useful, not all types of activities are pertinent to diet and exercising and require a fundamentally different approach. Furthermore, the book follows a more personal tone and contains suggestions from the author. While there are references to studies and other sources, the approach is not necessarily scientific and does not differ much from tips you can find with a quick google search.

I really feel quite inspired after reading this book. It has some great ideas. For myself I know what I need to do, it’s doing it that I trip on. Martin presents some solid ideas for initiating action and growing the self discipline to do so. The theory Martin presents helps me so I liked it. I have a few more of his books and they connect together nicely no reinforce and build a hole. I am excited because I have actually initiated action and change I have been telling myself I would for a long...long time

Self -discipline is not really what you would call a fun concept, however Martin makes it fun and lighthearted while imparting fantastic tips. It is refreshing to find a bit of humor in what could be a dry and dull topic. I will definitely be referring back to the concepts and try to implement them.

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