



The Science of Daily Self-Discipline: Using Science and Daily Practices to Build Your Willpower, Self-Confidence, and Everyday Habits to Achieve Long-Term Goals (Science of Self-Help)

Oliver McAndrew

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The Science of Self-Discipline: Using Science to Build Willpower, Self-Confidence, Create Habits, and Achieve Long-Term Goals

Almost 100 Cited Scientific Studies To Create Real Change In Your Life!

Don't worry, I don't go into great detail regarding the boring science stuff. I give just enough to understand the "why" and then we focus completely on the "how".

Most of us have a laundry list of goals we would love to achieve. **Goals in health, fitness, business, and our personal lives** that we know if we could just achieve them they would **greatly increase the quality of our lives**. However, they always seem just a bit out of our reach. When these goals don't materialize many of us get discouraged and maybe even give up on them, especially when we see others achieving their goals with relative ease! **But deep inside you know that you too can achieve your goals, the only question is how.**

The answer to this question lies in your ability to create daily habits that enable you to **persistently pursue goals** while **enjoying the experience**. It is the self-discipline and willpower to **commit to your daily tasks and actions** in a way that is **enjoyable and fulfilling** that will make you the person capable of achieving all your long-term goals and **building the life of your dreams**.

This book is not a "just because" self-help book. Every suggested course of action is backed by verified and real scientific studies. With nearly 100 cited sources this book is a wealth of real and applicable changes you can start applying in your life today that will create **real and permanent results!** You just need the self-discipline you already possess and the willingness to take the first step. Inertia will take over and the change you desire will happen...as long as you are **willing to take the first step**.

Here are a few things we will cover in the book (this list just scratches the surface):

- When and how to schedule **breaks** during your work day to **increase productivity**.
- When and why **guilty pleasures** and **indulgences** helps you build your self-discipline.
- What **lemon juice**, a **botched bank robbery**, and **your self-control** all have in common.
- Learn how I used **behavioral science** and my favorite TV series from "Game of Thrones" to "The Walking Dead" to **improve my productivity** and how **you can do the same!**
- How to use your **brain chemistry** to build **life-long habits!**

- How to use **stress** as a tool for **building self-discipline** and **increasing creativity!**
- How Mark Zuckerberg and President Obama's wardrobe choices can improve your **self-control**.
- How enjoying **sex, massages and happy hour with friends** can improve your **self-discipline** and **self-control!**
- The **ONE HABIT** that can create literally hundreds of others and how you can **scientifically guarantee** that you make it a **permanent habit in your life!**

I'm not going to lie to you or sell wolf-tickets here. The truth is that **the life of your dreams** hinges completely on your ability to **master the art of self-discipline**. This is going to require you to **take some action and put in some work**. There are no easy fixes in life. The people who achieve their long-term goals **work for it**. Don't you deserve to reap the rewards of being the person who accomplishes the goals they set in front of themselves? This isn't a "hype book." Just real science and how to apply them to work in your life. Scroll up and buy the book now.

In addition you will receive a complimentary book offer as a gift and thanks for buying my book.

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Don Morris:

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