

## *The Self Discipline Blueprint A Simple Guide To Beat Procrastination Achieve Your Goals And Get The Life You Want*

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*The Self-Discipline Blueprint is Solid Gold I was privileged to read an advanced copy of The Self-Discipline Blueprint by Patrik e wisdom that there is no substitute for consistently showing up everyday and doing the work to achieve success is the largest take-away I got from the book but there is so much more that I learned.*

*Self Discipline: The Blueprint To Master Self Discipline ...*

*The 7-Day Self Discipline Blueprint is the first book in the Self Discipline Blueprint Series and will guide you through a 7-day system to change your life. We have all suffered from procrastination at one stage or another in our lives.*

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*There really is no such thing as overnight success, and if by chance you did come across it, its more the exception than the rule. Heres the thing - there is no hidden secret and there is no magic bullet. To achieve any goal thats worth. it, to have lasting success in anything, you have to put in the time and effort.*

*The Habit Blueprint Summary - Four Minute Books*

*BONUS: The Self-Discipline Blueprint Workbook - A complimentary resource you can use to easily put everything you learn into immediate action; Get your copy now and start building your self-discipline today! The Self-Discipline Blueprint - eBook*

*Patrik Edblad (Author of The Self-Discipline Blueprint)*

*The Habit Blueprint Summary January 6, 2017 April 10, 2019 Niklas Goeke Self Improvement 1-Sentence-Summary: The Habit Blueprint strips down behavior change to its very core, giving you the ultimate, research-backed recipe for cultivating the habits you desire, with plenty of backup steps you can take to maximize your chances of success.*

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