



## Self-Discipline: Habits and Exercises to Develop Discipline and a Willpower That Will Make You More Successful

By Harvey Segler

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Depression, The Real Cure Is Finally Reveled! Now Only \$0.99! Usually \$7.97! Short Guide With Powerful Information That Will Help You Without Wasting Your Time + FREE Bonus Inside Depression is hard. You feel like the world is against you, like you aren t worth it, and like you should just give up. Ever movement is a challenge, and every day, a hurdle. Loss of interest, loss of appetite, fatigue. these are all just common symptoms that you are dealing with right now. Options feel limited, and you are already lacking energy. How can you be expected to spend your life going from doctor to doctor with no real help? All they do is give you another prescription that is going to last you another few months, then you are going to be right back here where you started. Until now. This book is going to change your life. You are stuck in depression, and stuck in treating it, but in this book, I am going to show you how to cure it. That s right,...



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