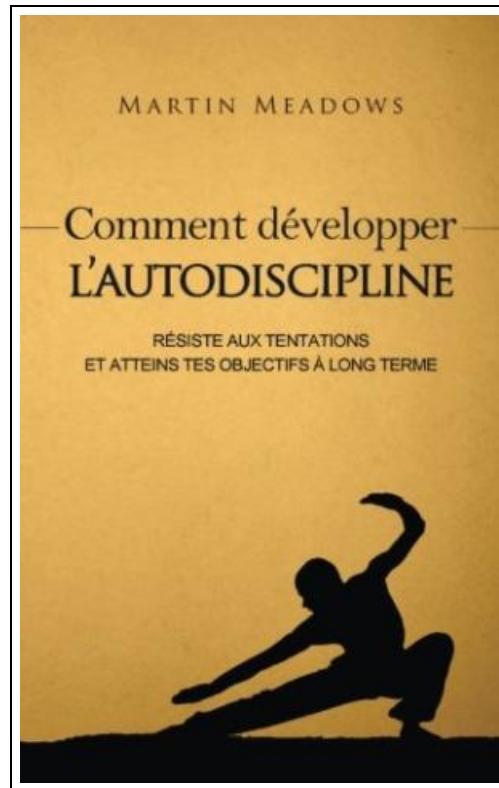


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. Comment developper l autodiscipline, resister aux tentations et atteindre tes objectifs a long terme Si tu souhaites effectuer des changements positifs dans ta vie et atteindre tes objectifs a long terme, la meilleure facon pour ce faire est d apprendre a developper ton autodiscipline. La science a compris beaucoup d aspects interessants sur l autodiscipline et la volonte, mais la majorite de ce savoir est profondement enterree dans des textes scientifiques longs et ennuyeux. Si tu veux tirer profit de ces etudes sans avoir a lire les textes, ce livre est fait pour toi. J ai fait tout le travail et etudie les resultats scientifiques les plus utiles et les plus viables qui t aideront a ameliorer ton autodiscipline. Voici quelques elements que tu apprendras en lisant ce livre: - ce qu un cambrioleur barbouille de jus de citron sur le visage peut t apprendre sur la maitrise de soi. Cette histoire te fera rire aux eclats, mais ces implications te feront reflechir a deux fois quant a tes capacites a controler tes envies. - comment une barre chocolatee a 50 euros peut te motiver a continuer ton regime lorsque tu es face a la tentation submergeante de ceder. - pourquoi le President Obama ne porte que des costumes gris ou bleus et en quoi cela est lie a la maitrise de soi (cela pourrait egalement etre une des raisons pour lesquelles les pauvres restent pauvres). - pourquoi la facon generale de visualiser les choses peut en fait t empecher d atteindre tes objectifs et detruire ta maitrise de soi (et que faire pour remedier a cela). - ce qu est la dopamine et pourquoi il est crucial de...



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