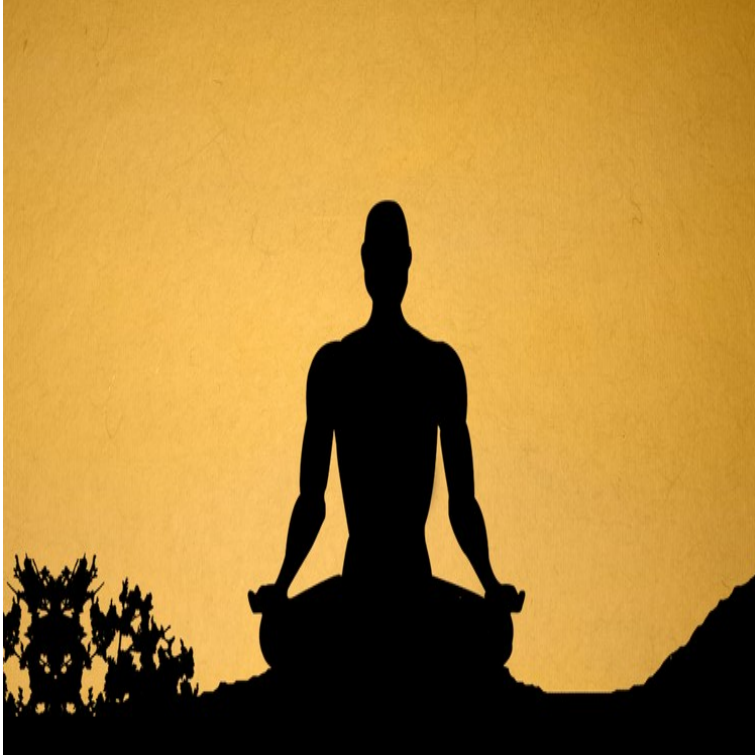


Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals



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Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals (Horbuch-Download): missfitmartha.com: Martin Meadows, John. Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals eBook: Martin Meadows: missfitmartha.com: Kindle Store. How do you build self-discipline and resist temptations in order to achieve your long-term goals? In this blog post, I'll share with you the 5 keys.

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