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# DISCIPLINE 101

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**BREAK THE CYCLE OF BAD DISCIPLINE -  
WORKS EVEN IF YOU ARE LAZY PERSON!**

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# Foreword

Occasionally, you want to go for a walk, knowing how great it is for your health and how fantastic you feel afterwards, yet, you feel too lazy, and would like to watch television instead. You may be aware of the fact that you have to alter your eating habits or quit smoking, yet, you don't have the inner power and doggedness to alter these habits.

Does this seem familiar? How many times have you stated, "I wish I had will power and self discipline"? How many times have you begun to do something, only to stop after a short while? We all have had experiences like these.

Everybody has some addictions or habits they wish they could overcome, like smoking, excessive eating, laziness, procrastination or lack of self-assertiveness. To overpower these habits or addictions, one needs to have will power and self-discipline. They make a big difference in everybody's life, and bring inner strength, self-mastery and decisiveness.

## ***Discipline 101***

***Break The Cycle Of Bad Discipline - Works Even If You Are Lazy Person!***

# Chapter 1:

## *What Is Will Power and Self Discipline*

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Will power is the power to subdue laziness and procrastination. It's the power to command or reject unneeded or injurious impulses. It's the power to arrive to a decision and follow it with doggedness till its successful achievement.

It's the inner might that overcomes the desire to indulge in unneeded and worthless habits, and the inner strength that overpowers inner emotional and mental opposition for taking action. It's among the fundamentals of success, both spiritual and material.

Self-discipline is the associate of will power. It empowers with the stamina to hold on in whatever one does. It imparts the power to withstand adversities and troubles, whether physical, emotional or mental. It allots the power to reject immediate satisfaction, in order to get something better, but which calls for effort and time.

