

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 (Audiobook) by Patrik Edblad ...

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.

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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