

Discipline equals freedom summary pdf

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It is about treating people the way you would want to be treated With his book, Discipline Equals Freedom, he became one of the best selling self-help authors. And: take extreme ownership of your life and everything in it. Discipline equals freedom. It is eating the right foods, to fuel your system correctly. Whether your goals are related to diet, exercise, or work, self-imposed discipline is the only way to achieve them. It is disciplining your emotions, so you can make good isions. It is about having the discipline to control your ego, so it doesn't get out of hand and control you. Then: choose the hard path—the path of responsibility, Overview. However, he considers guidance is not good enough if there is no element of discipline in it An ex-Navy SEAL presents a guide on how to achieve freedom through discipline, outlining the mental and physical practices that shaped his career and continue to help him reach fulfilling goals while outmaneuvering common pitfalls Discipline Equals Freedom () is your field manual to the art of self-discipline. It uncovers what you need to do to meet your full potential – and why being disciplined sets you free In Discipline Equals Freedom, the1 New York Times bestselling coauthor of Extreme Ownership describes how he lives that mantra: the mental and physical disciplines he imposes on himself in He teaches people to achieve freedom in different aspects of their lives. His books give people advice on overcoming obstacles and attaining their goals. There's no shortcut; In Discipline Equals Freedom, the1 New York Times bestselling coauthor of Extreme Ownership describes how he lives that mantra: the mental and physical disciplines he It is eating the right foods, to fuel your system correctly. It is disciplining your emotions, so you can make good isions. It uncovers what you need to do to meet your full potential – and why being disciplined Stay humble and be willing to do what needs to be done. It is about having the discipline to control your ego, so it Discipline Equals Freedom () is your field manual to the art of self-discipline.

 Difficulté Facile

 Durée 156 minute(s)

 Catégories Électronique, Énergie, Bien-être & Santé

 Coût 624 EUR (€)

Sommaire

Étape 1 -

Matériaux

Outils

Étape 1 -
