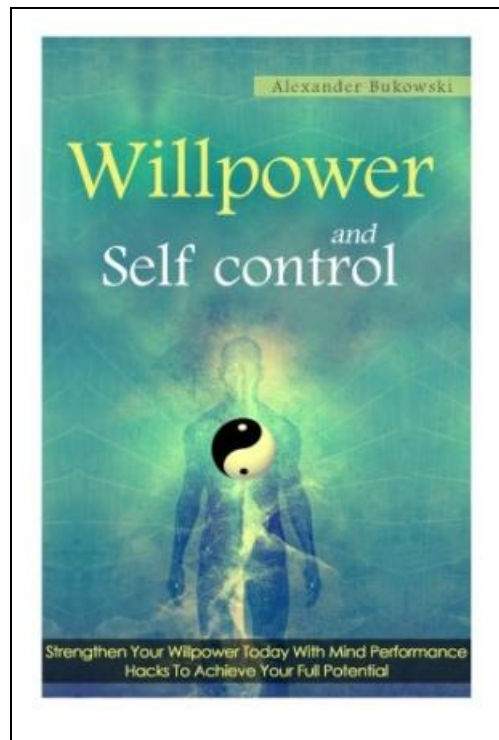


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(Dr. Torrey Osinski DVM)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Increase Your Willpower And Realise Your Full Potential Self-control and willpower are the pillars of your inner strength. This strength can be stored and used whenever necessary, much like a battery. When the battery of your inner strength is fully charged, you can use its power for a variety of purposes. Conversely, when you charge the battery of your inner strength on a regular basis, you can use its power at your disposal each time you need it. What is willpower? Willpower is basically a form of inner strength expressed as the determination to act on and carry out decisions and plans, despite discomfort, laziness, external obstacles, and internal resistance. Willpower includes the concepts of assertiveness, inner power, and decisiveness. It is actually the inner power that allows you to ignore temptations, disturbances, and distractions, which may prevent you from fulfilling your duties and achieving your goals. Also, willpower provides you with the confidence and strength you need to agree and disagree with others and to express opinions without giving in to pressure or being swayed by the opinions of others. With self-control, you can avoid anything excessive. Keep in mind that too much of anything is not healthy. Hence, you should always practice self-control when it comes to eating, working or engaging in pleasurable activities. You should employ moderation to everything you do. Self-control is synonymous with self-discipline, which is also a form of inner strength and is necessary for efficiently pursuing goals and dealing with daily issues. Here Is A Preview Of What You ll Learn. What Is Self-Control and Willpower? The Importance of Self-Control and Willpower How Much Self-Control Do You Have and How Can...

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