



# **WILLPOWER: How to Achieve your Goals by Making a Plan and Sticking to it with Self-Control, Discipline, and Ease**

*K.B. Bryson*

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People often blame the lack of their own willpower as one of the key barriers to change, thus preventing them from achieving their own life goals. The inability to discipline and control one's self often results in faulty choices and poor decisions. Goal-setting may be a good starting point in working towards your goals, but if you can't stick to the plan with the right amount of discipline and willpower, then achieving those goals will be a difficult task. This book will explain what willpower is, how it works, and gives you specific advice on how to strengthen your willpower to achieve your life goals.

## **Here Is A Preview Of What You'll Learn...**

- What Willpower Really Is
- The Psychological Aspects of Willpower
- How to Develop Willpower
- How to Stick to your Plan
- How to Resist Temptations
- How to Overcome Decision Fatigue
- Why and How to Reward Yourself Along the Way of Achieving a Goal
- Much, much more!

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