



How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals

By Martin Meadows

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How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals By Martin Meadows

How to Develop Self-Discipline, Resist Temptations and Reach Your Long-Term Goals

If you want to make positive changes in your life and achieve your long-term goals, I can't think of a better way to do it than to **learn how to become more self-disciplined**.

Science has figured out a lot of interesting aspects of self-discipline and willpower, but most of this knowledge is buried deep inside long and boring scientific papers.

If you'd like to benefit from these studies without actually reading them, this book is for you. I've done the job for you and researched **the most useful** and viable **scientific findings** that will help you **improve your self-discipline**.

Here are just a couple things you will learn from the book:

- what a bank robber with lemon juice on his face can teach you about self-control. The story will make you **laugh out loud**, but its implications will make you think twice about your ability to control your urges.
- how **\$50 chocolate bars** can motivate you to keep going when faced with an overwhelming temptation to give in.
- why President Obama wears **only gray and blue suits** and what it has to do with self-control (it's also a possible reason why the poor stay poor).
- why the popular way of visualization can actually prevent you from reaching your goals and **destroy your self-control** (and what to do instead).

- what dopamine is and why it's **crucial** to understand its role to break your bad habits and form good ones.

- 5 practical ways to **train your self-discipline**. Discover some of the most important techniques to increase your self-control and become better at resisting instant gratification.

- why the status quo bias **will threaten your goals** and what to do to reduce its effect on your resolutions.

- why **extreme diets help people achieve long-term results**, and how to apply these findings in your own life.

- why and when indulging yourself can actually **help you** build your self-discipline. Yes, you can stuff yourself (from time to time) and still lose weight.

Instead of sharing with you the detailed "why" (with confusing and boring descriptions of studies), I will share with you the "how" – advice that will change your life if you decide to follow it.

You too can master the art of self-discipline and learn how to resist temptations. **Your long term goals are worth it**. Scroll up and buy the book now.

As a gift for buying my book, you'll get my another book, "Grit: How to Keep Going When You Want to Give Up," completely free.

For more free resources, sign up for my self-improvement newsletter:

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Editorial Review

Review

"This is an excellent guide, full of wisdom both scientific (documented by Martin) and homespun - and it works." - **Grady Harp, top100 Amazon reviewer**

"I was quite impressed by the total lack of typos, the good grammar, the excellent referencing, and the bibliography at the end, not only by the content, but it's the content which captivated me after all. To find a book so meticulously edited is a treat." - **Kenna McKinnon, reader**

"This is someone who has walked the talk and here he offers readers some practical advice in an easy-to-read format that is nicely summarised at the end of each chapter and above all, is easy to follow." - **Natalie S., reader**

"If you have any issues with self-discipline, or would like to see how far you can push your limits, this book will give you some great ideas and inspiration. I would highly recommend it!" - **Hazel Hardie, reader**

"From the fundamentals to the details, Meadows covers the subject in a fascinating, practical and interesting way. I particularly enjoyed this session about developing keystone habits as a way to achieve my goals. The book is well researched and there are excellent summaries at the end of each chapter. I heartily recommend this book if you are all interested in the subject." - **Jim McCraigh, reader**

"Impressively backed up by a bibliography of supporting material, it's pretty obvious the author has done his homework and walks the talk. I found it interesting how different ideas were drawn together and simplified and I actually think this is one of the few self help books I have read that will make a difference to me! I recommend this book without hesitation." - **Dave Lynch, reader**

From the Author

Although I've been a self-disciplined person ever since I can remember (thank you, Mom!), I always seek more information and advice about making myself more effective at resisting temptations.

Self-discipline is the key that will help you make these hard decisions instead of sticking with what's easy and comfortable. People who focus on instant gratification - things that are safe, easy and comfortable - rarely reach their long-term goals.

I have no doubt **there's nothing more important to a successful life than to maintain a high level of self-discipline** and keep growing on a daily basis. Hence, I wrote this book.

Most of the advice shared in this book is **based on scientific research** referenced at the end of the book. To help you get the most out of the book in the shortest time possible, I decided not to go into details about each study. Instead of sharing with you the detailed "why," (with confusing and boring descriptions of studies) I will share with you the "how."

How do you exactly build self-discipline in your life? How do you resist short-term rewards in order to reach your long-term goals? This book is the answer to these questions.

About the Author

Martin Meadows is the pen name of a bestselling author who has dedicated his life to personal growth. He constantly reinvents himself by making drastic changes in his life. Over the years, he has: regularly fasted for over 40 hours, taught himself two foreign languages, lost over 30 pounds in 12 weeks, ran several businesses in various industries, took ice-cold showers and baths, lived on a small tropical island in a foreign country for several months, and wrote 400-page long novel's worth of short stories in one month.

Yet, self-torture is not his passion. Martin likes to test his boundaries to discover how far his comfort zone goes. His findings (based both on his personal experience and scientific studies) help him improve his life. If you're interested in pushing your limits and learning how to become the best version of yourself, you'll love Martin's works.

Users Review

From reader reviews:

James Johnson:

The book *How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals* make one feel enjoy for your spare time. You may use to make your capable far more increase. Book can to get your best friend when you getting stress or having big problem using your subject. If you can make reading through a book *How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals* being your habit, you can get a lot more advantages, like add your capable, increase your knowledge about some or all subjects. You can know everything if you like wide open and read a reserve *How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals*. Kinds of book are several. It means that, science publication or encyclopedia or other people. So , how do you think about this guide?

Alejandro Jones:

This *How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals* book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is actually information inside this book incredible fresh, you will get data which is getting deeper you read a lot of information you will get. This particular *How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals* without we recognize teach the one who studying it become critical in thinking and analyzing. Don't end up being worry *How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals* can bring when you are and not make your carrier space or bookshelves' become full because you can have it inside your lovely laptop even telephone. This *How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals* having very good arrangement in word and also layout, so you will not experience uninterested in reading.

Sam Stenger:

In this era globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. Typically the book that recommended to you is *How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals* this reserve consist a

lot of the information in the condition of this world now. This particular book was represented how do the world has grown up. The dialect styles that writer use to explain it is easy to understand. Often the writer made some exploration when he makes this book. Here is why this book ideal all of you.

Theresa Frost:

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