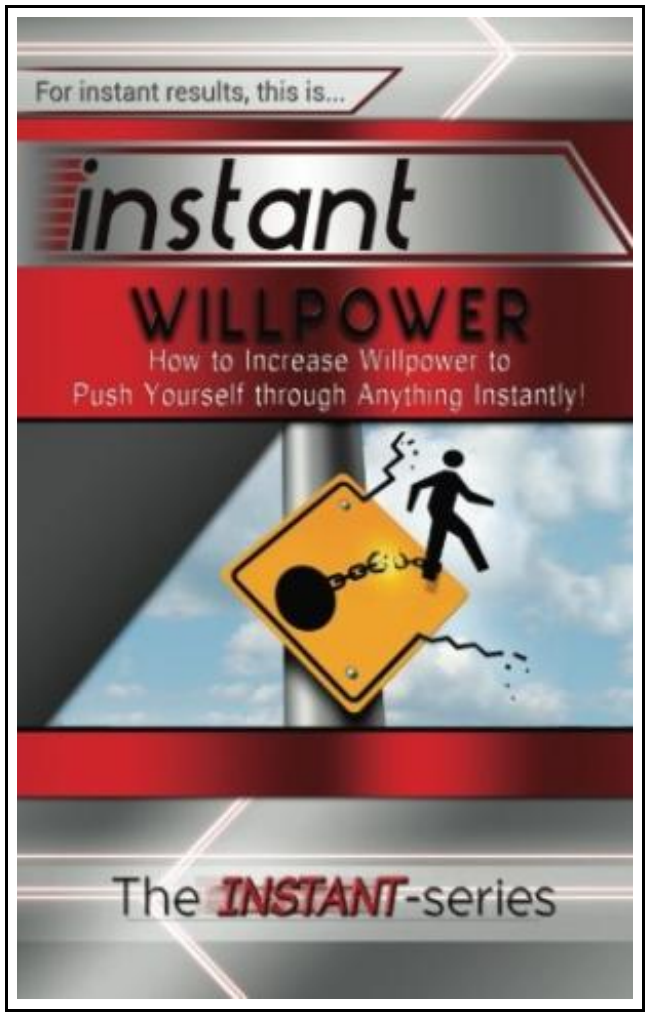
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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The Instant-Series Presents Instant Willpower How to Increase Willpower to Push Yourself through Anything Instantly! Are you a quitter, who always quits when the going gets tough ? Do you know the feeling of getting all excited by something at the beginning, but then lose that momentum eventually.unable to finish what you ve started, wasting all that time and energy for nothing? Then you are a quitter! Plain and simple my friend. You know you don t want to be a quitter BUT a winner - otherwise you wouldn t be reading this, right? Or perhaps, you just want that extra edge whenever you need to push yourself when it really matters? That s where your power of will comes in. Willpower is that unexplainable voice somewhere telling you that you can do this! and giving you all you need to push yourself to get through whatever you thought was impossible, whether it s a huge load of work, a late project, an enormous exam to study, multiple goals to achieve (or, heck, even a marathon). Now the questions are how to increase willpower whenever you need it the most, and how to develop willpower overtime to allow that little voice in your head to take over at will. Within Instant Willpower : How to use the meter dash visualization to create a real-life sense of urgency to get going and stop wasting time. How to self-generate willpower to energize your mind and body to get through those long hours and long days of work. How to use any inanimate object to cleanse yourself of any negativity clogging up your willpower from surfacing via the faucet drainage technique....

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