

Willpower!: How To Master Self-control - Gillian Riley

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You already have willpower. Everyone does. All you need is to learn how to use it. With just a little practice, willpower can work even when you don't feel inspired, when you are faced with your strongest temptations. And the wonderful news is that willpower isn't something that gets handed out to some and not others. It's simply a matter of understanding how to access it and unlock its potential. When you do you'll see just how liberating, exciting and rewarding using willpower can be. Very soon, rather than being your own worst enemy, you'll become your own best friend. Use the brilliant strategies in this book to: - overcome addictive behaviours - quit smoking - take control of overeating - achieve your dreams - enhance your life With a little belief, some confidence and the techniques laid out in this revolutionary book, you'll soon discover just how strong your willpower can be. Author: Riley, Gillian Publisher: Ebury Digital Illustration: N Language: ENG Title: Willpower!: How to Master Self-control Pages: 00224 (Encrypted EPUB) On Sale: 2011-08-31 SKU-13/ISBN: 9780091887698 Category: Self-Help : General

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