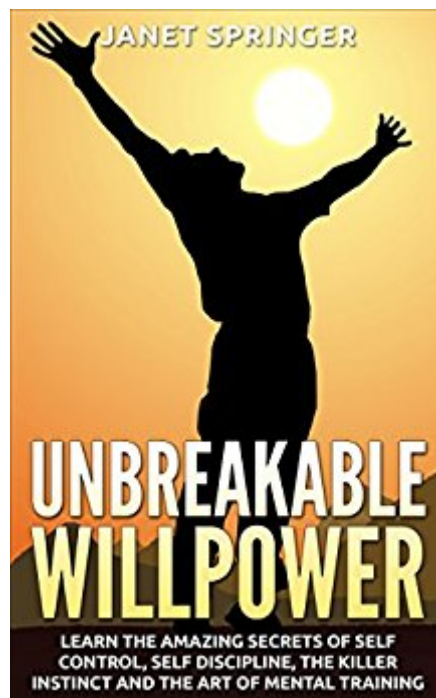


The book was found

# Unbreakable Willpower: Learn The Amazing Secrets Of Self Control, Self Discipline, The Killer Instinct And The Art Of Mental Training



## Synopsis

Lack of willpower is cited as the number one reason why people don't follow through on their goals. It's the top inhibitor of dieting, regular exercising, practicing religion or sports, doing homework, finishing the housework, getting to appointments on time, finishing personal projects, and getting out of unhealthy ruts. Willpower at its most rudimentary is what gives follow-through to any objective. Willpower is the reason why any author starts and finishes a book, any musician is able to write and record their music, and any entrepreneur is able to launch a new product despite everyone in their lives telling them that it's not going to sell. If you want to lose weight and keep it off, run a marathon, climb a mountain, train your dog, make more money, learn ballet, make a friend, get out of debt, buy a house, or find love ect., but you can't seem to stick with your plan no matter how determined you are, then this book by author Janet Springer entitled Unbreakable Willpower is for you. It is meant to give you a down-to-earth look at how big of an impact making small decisions can have in your life and give you practical, creative strategies to help you implement those decisions in your daily life. In addition, you will also learn the amazing secrets of self control, self discipline, the killer instinct and the art of mental training.

## Book Information

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## Customer Reviews

Willpower is one of those things that must be sparked within you and this Janet Springer does just that in her book *Unbreakable Willpower*. Springer uses her writing to help the reader get to the root of why they lack willpower in the first place. Chapter Two: Knowing Where and Why You Fail caused me to have an epiphany. It really made me think of all of the reasons why I had not done so in the past. Step-by-step, this book continues to dig deep into this topic. The most helpful chapters for me were:- How to Strengthen Your Willpower in Tough Situations- Five Steps to Building Unbreakable Willpower- Developing the Killer Instinct One of the most helpful self-help books I have read to date. Great writing that entertains while uplifting and educating the reader. So happy to have had my "Mountaintop Experience"! Two thumbs up!

Great guide! I learned so much about how to develop self control and discipline from this. The steps provided are very easy to follow. Anyone could do this, even me! I don't know how many times in the past I've let myself just slack off of a diet. I'm always saying I will exercise, but I never do. I just lose motivation. This guide teaches you how to stay focused and get your goals accomplished instead of just sitting on the couch thinking about doing things. It has given me both motivation and the tools to rebuild my willpower into a force to be reckoned with!

I loved the book and the way the author tries to connect with the reader, its a motivational book that encourages not only to have a wish list, but even walking the talk by developing Will power to reach your goal. The book makes you to have a self check on the various points hinted and will make you re-think again and again about some interventions like developing a habit.

Each of us has its own dream that wants to achieve. It takes a lot of determination and a strong will power for us to achieve that. This book can be a great help for pursuing our dream and pushing more our will to achieve one goal. This will be our best guide to train our self not to discourage and to learn more. Grab a copy of this book and gain your self confidence.

This is the book I was searching for. I got so much, what are self-control and chastisement. Really this book boosted my knowledge about it. The instructions in a case are easy to take up. Anybody can do this because it so formal. Tremendously effective on getting control of your soul in a way that

authorizations you to gross control of the things you need. This book is surely going to assist me a substantial portion in enhancing my will power. This is very much need of everybody. If you do not have complete control over yourself so can't get success in your life. I extremely recommend this book to all and I will send it to my family members and colleagues as well.

Very effective and unusual guide on getting control of your mind in a way that allows you to take control of the things you want... and the ones that you don't want. It has great non-bullsh\*t actions and steps that give you an untapped edge over your mind and gain the results you've always desired.

I don't write book reviews very often. I rarely find something that moves me or that I can relate to. This book is different. The author started out by describing her situation at 35 as being desperate for change. Unmarried, no kids, I can definitely relate to her story. Recently I stepped back and examined my life. Yes I am independent. I pay rent, I work, I cook, I have one good friend but I do not have control. I am not happy. I have no will power. So, hence, I decided I need a book solely about developing will power. After the first few pages I am hooked. I feel this book will make a good addition to anyone's library.

Wow, I always go into a new book hoping against hope to hear something new or helpful and this book did not disappoint. As a matter of fact, Unbreakable Willpower is ten chapters presented in a manner that kept me engaged from start to finish. I particularly enjoyed chapter three, The Power of Habit. I usually bypass the 'before you go' page at the end of a Kindle book because honestly, I don't have anything constructive to say. This book however deserves acknowledgement. In my opinion, it should be read and re-read. Kudos to you Janet Springer, thanks for a great read!

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Unbreakable Willpower: Learn The Amazing Secrets Of Self Control, Self Discipline, The Killer Instinct And The Art Of Mental Training Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) 10 Days To Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower (Self-Confidence, Self-Belief, Strategies, Develop Discipline, Achieve your Dreams) Positive Discipline for Preschoolers: 10 Tips on Making Your Child Responsible and Confident (Positive Discipline, Positive Discipline for Preschoolers, Positive Discipline In The Classroom) Mental Toughness for Peak Performance, Leadership Development, and Success: How

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