



# DISCIPLINE : TRAINING THE MIND TO MANAGE YOUR LIFE

*Harris Kern*

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## **DISCIPLINE : TRAINING THE MIND TO MANAGE YOUR LIFE** Harris Kern

Your mind is your greatest asset and guiding force in acquiring discipline. We show you how to acquire discipline for yourself on your own terms. The amount of discipline you possess determines the level of success in your life. As a result, you will learn how to make the best of every minute everyday. Discipline embodies many positive attributes that help you eliminate those negative obstacles that you struggle with on a daily basis. Self-help books that target specific areas, i.e., weight loss, achieving success, confidence-building, etc., are totally ineffective if you lack discipline. That deficiency has kept you from applying those previous readings to your life. Charts for your Current, Recommended and PRIME (Personally Regulated Improvement Model to Excel) routines are included. Suggestions are given on everything from daily exercise routines, eating healthy and sleep experimentation. How you manage these areas determines the quality of your life. Discipline is the most critical tool that we all need to consistently strive to be better and it can be learned. This knowledge is not only important for you, but also for your children, society and generations to come. Our goal is to make discipline a household word again one mind at a time.

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