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Martin Meadows' new book, 365 Days With Self-Discipline, provides a mechanism to incorporate the pursuit of self-discipline into your everyday life. The daily readings are short and to the point, allowing you to build a habit of focusing your thoughts on aspects of self-discipline and mental toughness.

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365 Days With Self-Discipline is a practical guidebook for embracing self-discipline in your life. You'll learn how to do this through 365 brief, daily insights from the world's brightest minds, commented upon by best-selling personal development author Martin Meadows. Here are just some of the things you'll learn:

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It takes months (if not years) to develop powerful self-control that will protect you from impulsive decisions, laziness, procrastination, and inaction. You need to exhibit self-discipline day in, day out, 365 days in a year.

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You need to exhibit self-discipline day in, day out, 365 days in a year. What if you had a companion who would remind you daily to stay disciplined and persevere, even when the going gets tough? 365 Days With Self-Discipline is a practical, accessible guidebook for embracing more self-discipline in your everyday life.

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