



The Miracle of Self-Discipline: The "No-Excuses" Way to Getting Things Done

By Brian Tracy

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To be successful today, you don't need to have been born under a lucky star, with incredible wealth, with terrific contacts and connections, or even with special skills. But what you do need to succeed in any of your life goals is self-discipline.

In *The Miracle of Self-Discipline: The "No-Excuses" Way to Getting Things Done*, Nightingale-Conant all-time bestselling author Brian Tracy focuses on three major areas of your life-business and finance, family and relationships, and what Brian terms "the good life"-and shows you how to go from frustration to the life of your dreams faster than you ever thought possible, simply by developing and applying the life-changing quality of self-discipline.

Through these 21 "mini-sessions" (just 15 minutes each!) you'll learn how to finally:

- *Take complete control of your time (without this, you'll never achieve anything you want!)
- *Master your behavior in every area of your life (and watch your self-esteem skyrocket!)
- *Beat procrastination once and for all and take immediate action (one of the most crucial skills you'll ever learn!)
- *Defeat the negative emotions that destroy your dreams (and learn how to destroy the root cause of all unhappiness!)
- *Use the "10 goal" exercise to give your life laser-like focus!
- *Master the simple-yet incredibly effective-daily time management system that ensures you reach your dreams faster than you ever imagined!

Self-discipline is the one skill that's indispensable for a successful, happy life. Don't go another day without it-especially when Brian Tracy makes it so easy to achieve. Start experiencing The Miracle of Self-Discipline for yourself!

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