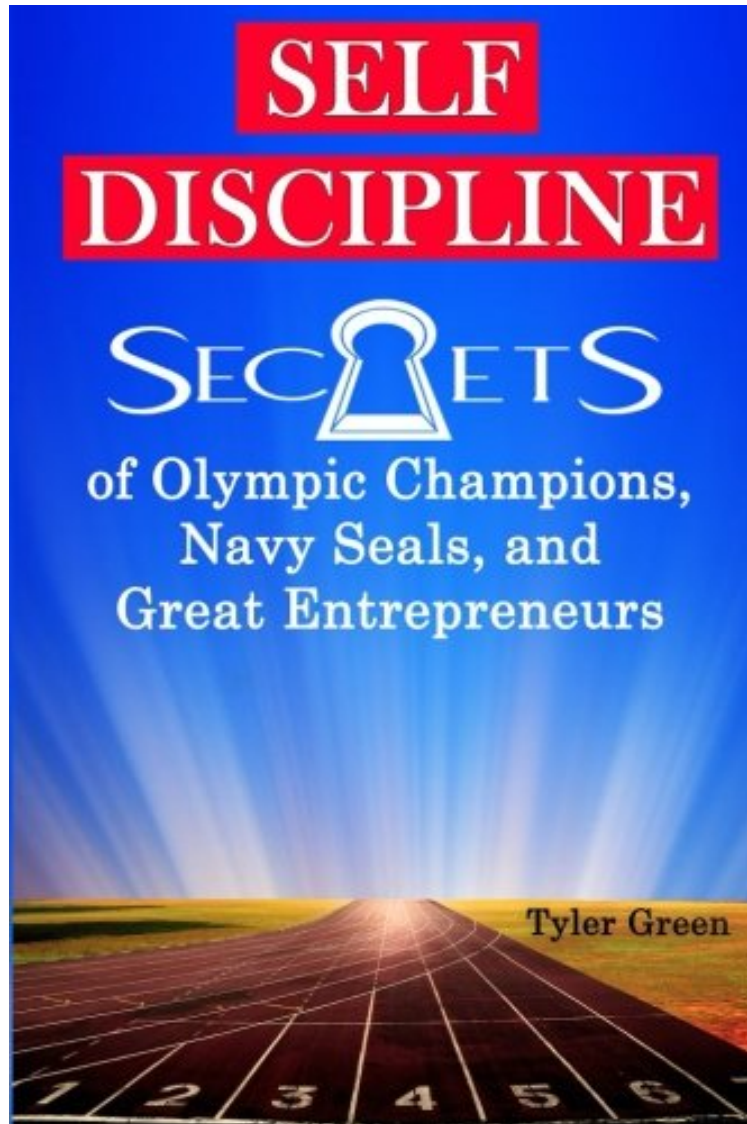


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# Self-Discipline: Secrets of Olympic Champions, Navy Seals, and Great Entrepreneurs

*Tyler Green*

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Are you looking for more self-discipline? Do you want to have the sort of discipline that successful people in life possess? If you do, then you're looking at the right book! It's no secret that having discipline is the key to success, in many different walks of life. *Self-Discipline Secrets of Olympic Champions, Navy Seals and Great Entrepreneurs* looks at what some of the most successful people are doing and will show you how to emulate that. Inside these pages, you will find the chapters crammed full of information on how Olympic Champions, Navy Seals, and Great Entrepreneurs: Stay on track and overcome obstacles What they do and how they think differently How and why they change their environment How they stay focused How they keep motivated The routines they employ The secrets of consistency And much more... The strategies promoted in this book are borrowed from the most disciplined and successful people on this planet. They have been carefully selected from thousands of ideas as the best there are to offer.

About the Author Tyler has been able to uncover the strategies and methods that have powered the most successful people on the planet. By mixing in lessons and discoveries from his own journey, he distills these coveted insights to mentor others. Tyler's mission is to help people realize their true potential. He believes that everyone deserves a life full of joy and happiness, and his mission is to help people achieve the life of their dreams. He would love to hear your success story. It's the biggest reward and motivation for him to never stop improving and giving maximum value to you. You can contact him at [tyler.green.books@gmail.com](mailto:tyler.green.books@gmail.com)