THE PRACTICAL DISCIPLINE SYSTEM

Mastering Your Self-Discipline

The Complete System for Building Willpower, Sharpening Focus, and Creating Habits That Last



WRITTEN BY

Suman Biswas

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DEDICATION



For everyone who has ever promised themselves "tomorrow" and is ready, at last, to keep that promise today.

And for my family, whose quiet, daily discipline taught me more than any book ever could.



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