

## Neuropsychology Of Self Discipline Study Guide

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By incorporating the research of the world's top research scientists into an effective, easy-to-understand and apply program, The Neuropsychology of Self-Discipline enables you to learn the skill of self-discipline. The benefits of being self-disciplined might seem obvious, however we may have thought of some you may have not yet considered.

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Self-Discipline is a skill that can be learned. Mastery takes time. Self-discipline unlocks your innate power to achieve. The key to the Self-Assessment process is honesty. Developing the skill of self-discipline is a dynamic process of self-discovery and self-creation. Self-awareness alone is rarely sufficient to stimulate change. Emotion unchecked is wasted energy. Emotion harnessed is the fuel for self-discipline. An emotionally compelling purpose is the foundation of the power of self ...

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The Neuropsychology of Self-Discipline will teach you a seven-step process to build the power of self-discipline and motivation into your own life. The first three steps are motivational -- they provide you with the fire, the drive, the emotional energy (the fourth step) to complete your goal . The final three steps are actionable -- they detail the things that must be done for you to succeed.

#### 1. Create a Purpose

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This personal Study Guide has been designed to assist you in using the audio sessions and worksheets to learn the process behaviors, and principles contained in The Neuropsychology of Self-Discipline. PROGRAM GOAL. The major goal of The Neuropsychology of Self-Discipline is to introduce you to a scientifically advanced, easy-to-learn system through which you can become a self-disciplined achiever.

#### HOW TO USE YOUR NEUROPSYCHOLOGY OF SELF- DISCIPLINE STUDY ...

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The Neuropsychology of Self-Discipline is a self-paced audio program that consists of 10 audio sessions and a digital study guide. It is based on research conducted by author Steve DeVore and Dr. Karl Pribram at the Stanford University Neuropsychological Research Laboratories.

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The major goal of The Neuropsychology of Achievement program is to introduce you to a scientifically proven, easy-to-learn discipline that will allow you to systematically and progressively acquire the characteristics and habits of a high-achiever.

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Self-discipline empowers us to pursue that which we truly desire: The achievement of our goals and the attainment of an exciting and invigorating life.

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