



## How to Conquer Yourself: Discipline Willpower for the Conscious, Creative Thinker (Paperback)

By Bryan Ogilvie

Dotheknowledge.com, United States, 2013. Paperback. Book Condition: New. 276 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I believe that life is meant to be conquered, and that a creative, intelligent psyche - a self-aware, self-directed thinker - is an unconquerable force. To see this force in action however, to grasp this creative strength and wield its power in actual life, requires one to both think and act in a disciplined way: to both see one's world through a disciplined frame of mind and construct one's goals through a disciplined style of behavior. The strength to conquer one's creative potential, therefore, first begins with the strength to conquer one's self. from pg. 1 of How to Conquer Yourself What is willpower? What is discipline? Productivity? Self-motivation? How can we internalize these traits, making them our habitual style of behavior and natural process of thought, rather than the exception, both in the short-term and over the long range? Why do some of the most creative, intelligent, consciously aware and sophisticated thinkers we know still have trouble making constructive use of their talents and skills? What would your life be like -...



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