

Peak Self-Control: Building Strong Will Power to Accomplish Important Goals

Improve your self-control and pursue your lifelong dreams with science-backed practices.

Are you tired of setting the same goals for yourself every year and still not succeeding? Do you have problems controlling your anger and maintaining good relationships? Do you find yourself not motivated to complete what you need to do?

Inside this paradigm-shifting book, discover:

- How to improve self-control in this distracted world and start achieving your life goals one after another in no time
- Little-known things that may be sabotaging your relationships, financial health, and full potential
- Frightening facts industries don't want you to know that manipulate your decisions and spending behavior
- Quick and easy ways to design your surroundings for success, to beat addiction, and to attain your desired weight
- A health condition you can't afford to ignore, one that leads to criminal behavior
- Strategies to ignite your willpower (even if you have a busy 9-5 job) so that you can complete your assignments earlier and enjoy spending more time with your family

Peak Self-Control employs willpower science to help you take back control of your life now, create your desired habits, and ***fulfill your vitally important goals***.