

# Self-Discipline in 10 days: How To Go From Thinking to Doing

By Theodore Bryant


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*By Theodore Bryant*

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## **Self-Discipline in 10 days: How To Go From Thinking to Doing** By Theodore Bryant Bibliography

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### **Editorial Review**

#### Review

How do some people consistently transform their ideas into actions and achievements while others dream, think, and plan, but actually accomplish little? Answer: Self-Discipline! Follow the system in this book and you will achieve more self-discipline in your work life, your personal life, and any other area of your life. You will learn to apply simple techniques that will benefit you for a lifetime. All you need is the desire to improve. This system will do the rest. --HUB Publishing

177 of 182 people found the following review helpful: 5.0 out of 5 stars Excellent investment!, January 23, 2004 By Thomas Eberhard (Newton, MA United States) - See all my reviews (REAL NAME) This review is from: Self-Discipline in 10 Days: How to Go From Thinking to Doing (Paperback) I have lots of ideas and projects, but most of them were not getting done. I read the book, one chapter per day and did the exercises like a good little student. It has been extremely helpful. I've built the shelves I wanted to build, cleaned up the terrible messes around the house, started projects and making so much progress on them that I actually amaze myself. I've read other books from the so called success literature to help, but this one is the most practical, and easy to read. I almost don't feel like writing a review because I'd be giving away such a useful tool. The book is essentially split in two big sections. The first section deals with fears that people have. According to the author these fears subconsciously interfere with your ability to get things done. Through the exercises you gain insight into what fears you have and to what extent they influence you. I found the exercises useful, but a friend didn't agree that these were the most important fears. The second section has four or five chapters. Each chapter deals with a particular attitude that is an obstacle (such as perfectionism), and provides a tool to help the self discipline process. Some tools are a bit wishy-washy, like visualization and Mr Hyde but after an initial, what is this BS? I tried the concepts and I find them very useful. All in all, a very useful and practical book. I recommend that you read one chapter per day, and when you start a new chapter quickly skim over the preceding one. --amazon.com customer

154 of 174 people found the following review helpful: 5.0 out of 5 stars Great Stuff!, June 23, 2000 By Linda Lee (california) - See all my reviews This review is from: Self-Discipline in 10 Days: How to Go From Thinking to Doing (Paperback) This book rules! I predict that word-of-mouth will make it a top seller for years to come. I really liked the clear explanations and specific directions. The author teaches a super easy self-discipline system. First, he simplifies the psychological process of self-discipline. Then he shows you how to immediately increase your self-discipline power and apply it to anything you want. I highly recommend this book to people who want to turn up their self-discipline a few notches. And here is a message for all you thinkers, dreamers, or even couch potatoes who are ready to transform your ideas into action: Buy this book! You can thank me later. --amazon.com customer

#### From the Publisher

Well known Human Behavior Specialist Theodore Bryant, MSW, has developed an exciting new book that will multiply your powers of self-discipline in just 10 days. The system in his book is based on years of experience conducting self-discipline classes, workshops, and seminars. Dont miss this opportunity to take control of your life. HUB Publishing

#### From the Back Cover

How do some people consistently transform their ideas into actions and achievements while others dream, think, and plan, but actually accomplish little? Answer: Self-Discipline! Follow the system in this book and

you will achieve more self-discipline in your work life, your personal life, and any other area of your life. You'll learn to apply simple techniques that will benefit you for a lifetime. All you need is the desire to improve. This system will do the rest.

## **Users Review**

### **From reader reviews:**

#### **Walter Johnson:**

Here thing why this Self-Discipline in 10 days: How To Go From Thinking to Doing are different and trustworthy to be yours. First of all reading through a book is good nevertheless it depends in the content from it which is the content is as scrumptious as food or not. Self-Discipline in 10 days: How To Go From Thinking to Doing giving you information deeper including different ways, you can find any e-book out there but there is no book that similar with Self-Discipline in 10 days: How To Go From Thinking to Doing. It gives you thrill examining journey, its open up your current eyes about the thing this happened in the world which is possibly can be happened around you. You can actually bring everywhere like in park, café, or even in your way home by train. If you are having difficulties in bringing the published book maybe the form of Self-Discipline in 10 days: How To Go From Thinking to Doing in e-book can be your choice.

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you such as reading. Try to choose easy book to make you enjoy to study it and mingle the opinion about book and reading through especially. It is to be first opinion for you to like to wide open a book and learn it. Beside that the guide Self-Discipline in 10 days: How To Go From Thinking to Doing can to be your new friend when you're feel alone and confuse with what must you're doing of that time.

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