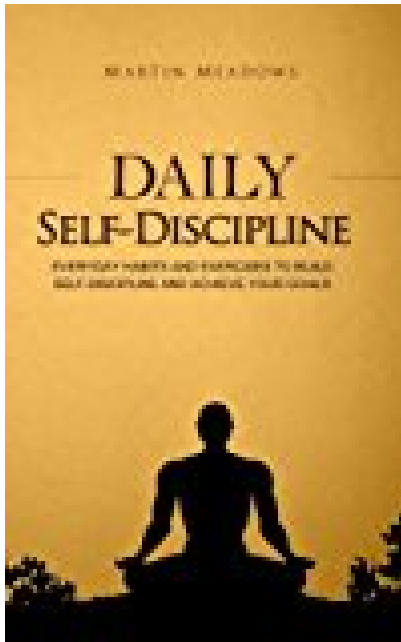


Daily Self-Discipline Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals



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