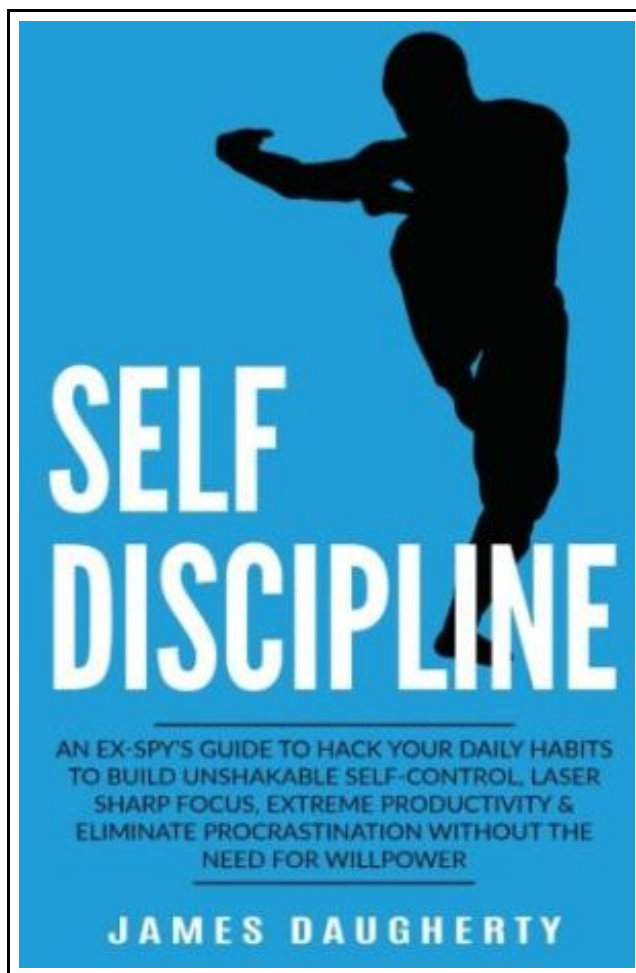


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Imagine how different your life would be if you knew a way to hack your daily habits to become a highly self-disciplined and productive person. You will never quite know how many opportunities you have missed by lacking the self-discipline to truly follow through on your convictions. Whether it s attaining a new body, better job, or simply being more productive in life. All too often people fall short as they aren t equipped with the right mental make-up and mind tricks to actually achieve it. Not anymore. James Daugherty is an intelligence expert former CIA Spy who specializes in all forms of human behavior. But there s one trait which is critical to winning, self-discipline. A spy would be worthless without it. However he never realised quite how much his ability to cultivate a self-disciplined mindset whilst working in the field as an American spy would help everyday people in civilian life. Imagine if you could arrange your habits and behaviors in a way to achieve seamless success in whatever you are doing. In this insightful and functional book, Daugherty gives readers a firsthand look into the trials tribulations he dealt with in the field as a CIA operative no nonsense guide revealing how to: Understand the basic cognitive principles on how the brain actually worksThe nature of a habit loop Why it s critical to identify bad habits replace them with better onesTactics to help you naturally cultivate a self-disciplined mindsetStrategies to help with delaying gratification preventing procrastinationDay-to-Day habits of a spy to develop extreme productivityImplementing Habit Pyramiding for exponential progressCIA Fitness Training Principles for fast results. and much more. An Ex-Spy s guide to Self-Discipline is a mixture of...



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