



I'm not robot



I am not robot!

It is disciplining your emotions, so you can make good decisions. There's no shortcut; In *Discipline Equals Freedom*, the #1 New York Times bestselling coauthor of *Extreme Ownership* describes how he lives that mantra: the mental and physical disciplines he Jocko Willink, a retired Navy SEAL and accomplished author, presents a compelling argument that discipline isn't a restriction but a path to ultimate freedom. By disciplining your mind and body, you will be able to achieve true freedom. It uncovers what you need to do to meet your full potential – and why being disciplined sets you free. In *Discipline Equals Freedom*, the #1 New York Times bestselling coauthor of *Extreme Ownership* describes how he lives that mantra: the mental and physical disciplines he imposes on himself in. Many books offer advice on how to overcome obstacles and reach your goals--but that advice often misses. *Discipline Equals Freedom* covers it all, including strategies and tactics for conquering weakness, procrastination, and fear, and specific physical training presented in workouts for beginner, intermediate, and advanced athletes, and even the best sleep habits and food intake recommended to optimise performance. Jocko Willink believes that the key ingredient in overcoming your obstacles and reaching your goals is discipline. And: take extreme ownership of your life and everything in it. It is about treating people the way you would want to be treated. With his book, *Discipline Equals Freedom*, he became one of the best selling self-help authors. His books give people advice on overcoming obstacles and attaining their goals. It is about having the discipline to control your ego, so it doesn't get out of hand and control you. However, he considers guidance is not good enough if there is no element of discipline in it. An ex-Navy SEAL presents a guide on how to achieve freedom through discipline, outlining the mental and physical practices that shaped his career and continue to help him reach fulfilling goals while outmaneuvering common pitfalls. *Discipline Equals Freedom* () is your field manual to the art of self-discipline. *Discipline Equals Freedom* () is your field manual to the art of self-discipline. It uncovers what you need to do to meet your full potential – and why being disciplined. Stay humble and be willing to do what needs to be done. He outlines the. In *Discipline Equals Freedom*, the #1 New York Times bestselling coauthor of *Extreme Ownership* describes how he lives that mantra: the mental and physical disciplines he imposes on himself in order to achieve freedom in all aspects of life. Discipline equals freedom. Whether your goals are related to diet, exercise, or work, self-imposed discipline is the only way to achieve them. He teaches people to achieve freedom in different aspects of their lives. Then: choose the hard path—the path of responsibility, Overview. P.S. *Discipline Equals Freedom: Field Manual* is an extremely useful book that will help in getting your life together. It is eating the right foods, to fuel your system correctly.