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10 Days To Lifetime Self Discipline The Fastest Path To Motivation And Willpower Self Confidence Self Belief Strategies Develop Discipline Achieve Your Dreams Author ï¿½ï¿½ftp.ngcareers.com-2020-07-26T00:00:00+00:01

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10 Days to Lifetime Self-Discipline is a powerful read. Unlike other self-discipline books on Kindle, this was one longer and provided lots of useful information including a 10 day plan on how to improve your life. The author clearly communicated to me throughout the book and I felt that it was written in a very easy to read, conversational manner.

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If you have symptoms, the 10 days starts from when they started. If you have not had symptoms, the 10 days starts from when you had the test. But if you get symptoms after your test, self-isolate for a further 10 days from when your symptoms start. Stop self-isolating after 10 days if you feel OK. You can stop self-isolating after 10 days if either: you do not have any symptoms

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Adam Rockman is the author of 10 Days To Lifetime Self-Discipline (3.49 avg rating, 47 ratings, 6 reviews), Social Confidence Mastery (4.25 avg rating, 2...

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