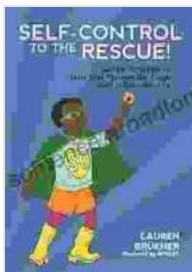


# Self Control To The Rescue: Regaining Control Over Your Life and Achieving Your Goals

Do you ever feel like you're at the mercy of your impulses? Like you can't control your spending, your eating, or your procrastination? If so, you're not alone. Millions of people struggle with self-control every day. But there is hope. With the right strategies, you can develop the self-control you need to achieve your goals and live a more fulfilling life.



## Self-Control to the Rescue!: Super Powers to Help Kids Through the Tough Stuff in Everyday Life by Lauren Brukner

★★★★☆ 4.5 out of 5

Language : English  
File size : 4698 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 112 pages



In his book *Self Control To The Rescue*, Dr. Peter Hollins provides a comprehensive guide to developing self-control. Dr. Hollins is a world-renowned expert on self-control and motivation. He has helped thousands of people overcome procrastination, resist temptation, and achieve their goals. In *Self Control To The Rescue*, Dr. Hollins shares his most effective strategies for developing self-control. These strategies are based on the

latest scientific research and have been proven to help people improve their self-control in all areas of life.

*Self Control To The Rescue* is divided into three parts. Part I provides an overview of self-control and the science behind it. Part II provides specific strategies for developing self-control in different areas of life, such as procrastination, temptation, and spending. Part III provides tips for maintaining self-control over the long term.

### **What You'll Learn from *Self Control To The Rescue***

- The science of self-control
- How to overcome procrastination
- How to resist temptation
- How to control your spending
- How to stay focused on your priorities
- How to maintain self-control over the long term

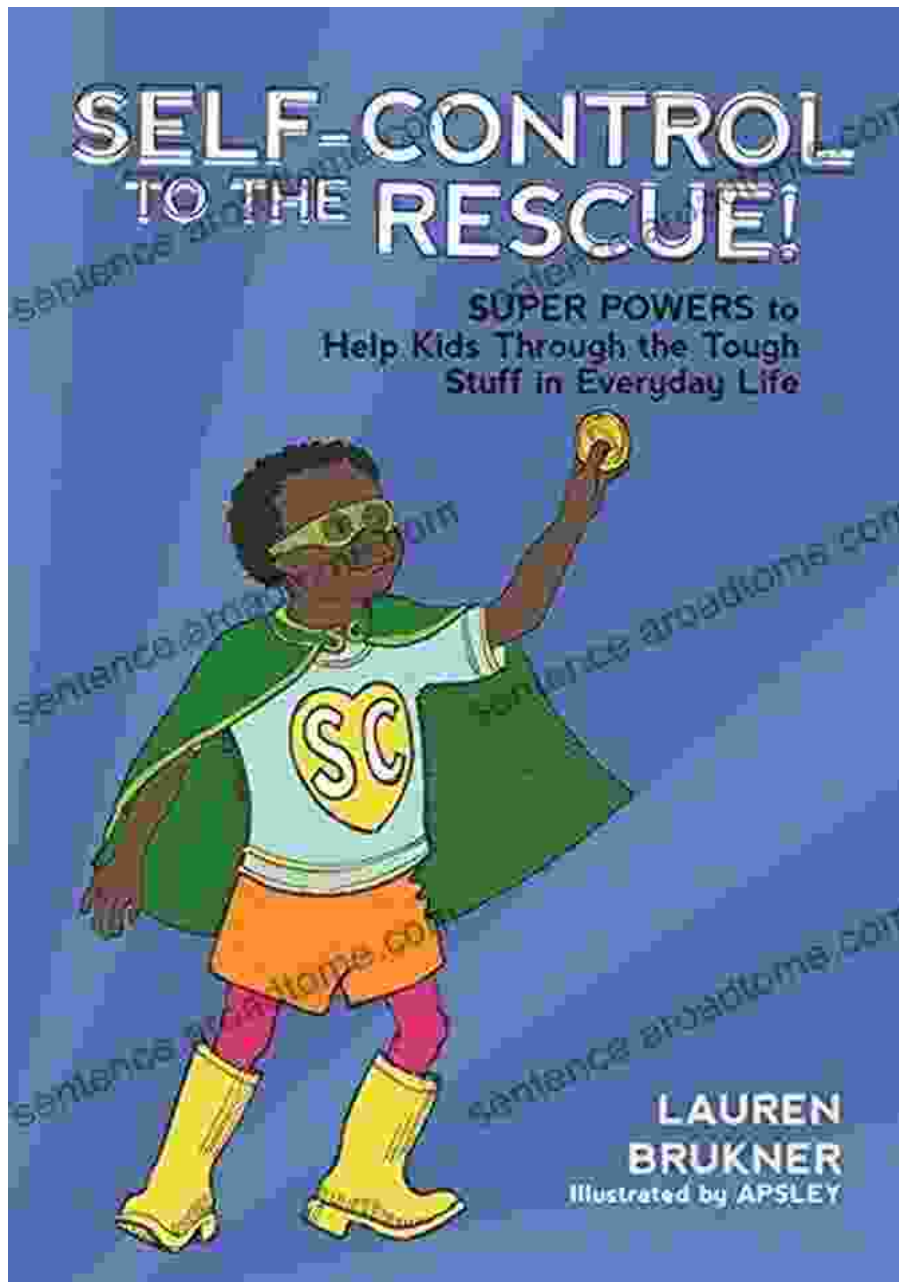
### **Who Should Read *Self Control To The Rescue***

*Self Control To The Rescue* is a must-read for anyone who wants to improve their self-control. This book is especially helpful for people who struggle with procrastination, temptation, or spending. However, even people who don't struggle with these issues can benefit from reading *Self Control To The Rescue*. This book provides valuable insights into the science of self-control and offers practical strategies that can help anyone achieve their goals.

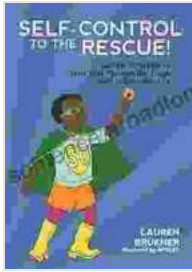
**Free Download Your Copy of *Self Control To The Rescue* Today**

Don't wait another day to take control of your life. Free Download your copy of *Self Control To The Rescue* today and start developing the self-control you need to achieve your goals and live a more fulfilling life.

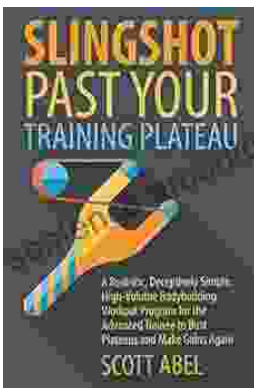
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