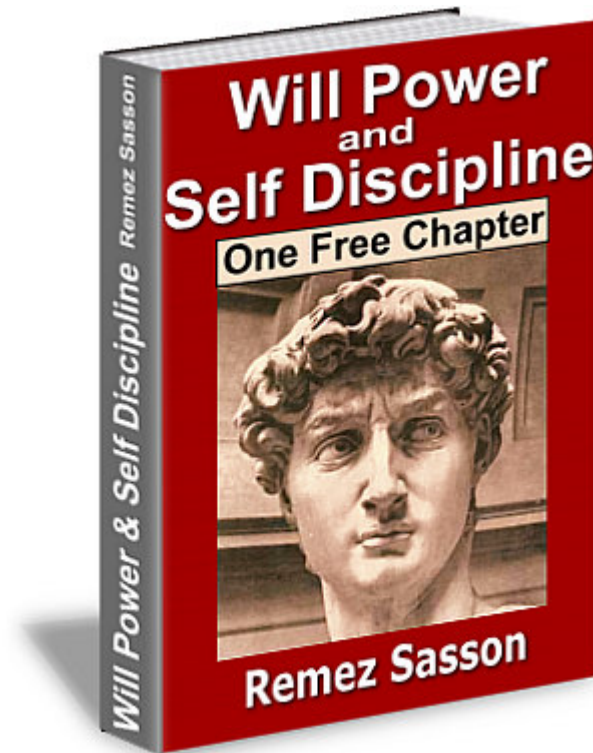


Will Power and Self Discipline

By Remez Sasson

One free chapter



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Information about the book

This ebook includes the foreword and the first chapter from the book ‘Will Power and Self Discipline’.

The full version of the book ‘Will Power and Self Discipline’ is a complete, step-by-step program for developing will power and self-discipline. It contains information, instructions and exercises, which can be performed at any place or time.

Table of contents

- Chapter 1 - Definitions, Explanations and Benefits
- Chapter 2 - Inner Tools for Inner Work
- Chapter 3 - Introduction To The Exercises
- Chapter 4 - The First Series Of Exercises
- Chapter 5 - The Second Series Of Exercises
- Chapter 6 - Making Decisions
- Chapter 7 - Doing Actions You Do Not Like To Do
- Chapter 8 - Overcoming Negative States Of Mind
- Chapter 9 - Rejecting Negative Feelings, Thoughts and Words
- Chapter 10 - Be Kind With Yourself
- Chapter 11 - Additional Exercises

Each chapter includes subchapters with information, guidance, instructions and exercises.

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Introduction

Will power and self-discipline are two of the most important and useful inner powers in everyone's life, and have always been considered as essential tools for success in all areas of life. Yet, in spite of this, only few take any steps to develop and strengthen them in a systematic way.

Most people desire to gain more control over their lives, overcome laziness and change their habits and behavior, but they neither believe that this can be done, nor possess enough inner strength to do that. This is because methods for developing will power and self-discipline are not common knowledge. They are not taught at school, and hardly anywhere else.

This is why strong individuals, who have won great success by manifesting will power and self-discipline, are often admired and respected. Such people can be found in all walks of life. They are respected for their inner strength that allowed them to improve their lives, learn new skills, overcome difficulties and hardships, reduce weight, rise high in their chosen field or advance on the spiritual path.

There are some misconceptions regarding will power and self-discipline.

Will power is usually associated with ambitious, powerful and successful people.

Self-discipline is mostly associated with people who live a harsh, rigorous and limited life, and with people who seek to live a spiritual life in secluded places, such as in monasteries or in caves on the Himalayas.

These are completely wrong concepts. Everyone can reach high levels of power with a practical method of training. Will power and self-discipline can be learned and developed like any other skill.

The system of training taught in this book can be easily integrated with one's daily life, helping to develop these abilities through simple, but effective exercises.

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Will power and self-discipline are two of the main ingredients of every kind of success. Their possession will help you overcome weakness and lack of self-reliance, and gain strength and independence. You will be able make decisions and follow them. You will learn to pull your own strings, have control over your habits, behavior, actions and reactions, and gain the ability to manifest inner strength in every situation.

Every day, people face situations they do not like, but with which they have to deal. Everyone possesses habits and behavior patterns he wishes he could change, or has some weaknesses he would have been happy to overcome. I have endeavored to provide in this book the necessary information and techniques to develop inner strength, and the ability to deal with negative habits and behavior, weakness, indecisiveness, procrastination and laziness.

This is not a book about psychology, but a practical manual for training and developing will power and self-discipline. It contains practical methods and exercises that are simple, and can be performed by everyone, everywhere and at any time. For most of the exercises you do not need to set apart any special time. They can to be practiced during daily life, each exercise chosen according to the conditions and the circumstances encountered. You will find out that your daily life provides endless opportunities for practicing exercises to develop your will power and self-discipline.

The methods of this book have always been taught from ancient times, but have rarely been publicized. They have been mostly taught within the circles of those who followed the paths inner development, spirituality and occultism. I have taken what I could find, and added explanations and instructions, together with many new exercises.

I have started with the study of will power and self-discipline, after I have realized that they were essential for both the daily affairs of life, and for the practical study and practice of concentration and meditation. This book brings you the knowledge and experience I have gained, and the exercises I have learnt, gathered, created and practiced.

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Each exercise charges your will power and self-discipline “batteries” with power. When your “batteries” are charged, your powers are available for use, whenever you need to manifest them.

The methods of this book can be compared to physical training. By exercising and developing the muscles one gains a muscular and well-shaped body, physical strength and endurance. When this person wishes to use his strength, it is immediately available for him. It is exactly the same with will power and self-discipline. A person who develops will power and self-discipline purposely and intently gains inner strength, and when he needs it for any purpose, it is immediately available for him.

Will power and self-discipline are closely connected. By developing and strengthening one of them, the other is developed and strengthened too.

Read and reread the book and practice the exercises. Reading it will enhance your understanding of the subject, and strengthen your motivation and desire to succeed, but only by constant practice you will gain real strength.

This book will open for you a whole new horizon. After you start to practice the exercises and experience their effects, you will begin to like the exercises, enjoy doing them, and derive a wonderful feeling of power, strength and satisfaction.

Dare to be strong!
Have faith in yourself!

Decide to develop your will power and self-discipline, follow your decision, persevere with your efforts and success will be yours.

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Chapter 1

Definitions, explanations and benefits

Will power definitions

Will power is the inner strength to make a decision, take action, and handle and execute any aim or task, regardless of inner and outer resistance, discomfort or difficulty.

It is inner firmness, decisiveness, determination, resolution, persistence, perseverance, tenacity and the power of pushing toward any goal.

Will power is also the ability to carry out actions, even if they are unpleasant, tedious and require effort, or are contrary to one's habits. It is a valuable and an important key for being successful in life.

A strong and well-developed will power helps to execute plans and follow goals, concentrate or study. It gives the strength and decisiveness to act now, instead of procrastinate, to get quickly out of bed in the morning, assert yourself or resist the temptation to eat another slice of cake. It also gives you the inner strength to do anything that you desire or need to do.

- Will power overcomes inner and outer resistance to taking action and doing things.
- It bestows the strength not to give up in the face of difficulties, and carry out whatever one starts, to its positive and successful end.
- It is the inner power that overcomes temptations and negative habits.
- Will power helps to reach a positive decision about any course of action, and execute this decision, even if there are other things that you prefer to do.

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- It is the power that enables you to follow your beliefs or plans, in spite of difficulties or opposition.
- It is the driving power behind perseverance.

Self-discipline definitions

Self-discipline is the ability to reject instant gratification in favor of something better, and of giving up instant pleasure and satisfaction for a higher and better goal.

It is the ability of the individual to stick to actions, thoughts, and behavior, which lead to improvement and success.

Self-discipline is self-control, and it manifests in spiritual, mental, emotional and physical discipline.

Self-discipline is also the ability to say yes or no, and not changing one's mind without a good reason. It affords the person possessing it the ability to concentrate and carry on a task, for as long as is necessary.

A self-disciplined person does not produce excuses, but keeps and fulfills the promises he makes to himself and to others, and carries out his decisions. Here are a few examples:

- If you have an appointment at a certain hour, you are there on time.
- If you make a promise to finish some work at a certain hour or date, you finish it by that time.
- If you promise yourself to start a self-improvement program, study, exercise or meditate, you keep this promise.

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- If you decide to slim or eat only healthy food, you follow this decision, even if you have to give up your favorite food and change your eating habits.

Possessing self-discipline means having the ability and inner strength to overcome laziness, procrastination, indecision and weakness, and taking the necessary action in any situation, even if it is unpleasant and requires effort.

A person can be talented, bright and educated, but without self-discipline he will reach nowhere. Self-discipline bestows the power to persevere and succeed in everything one does.

Self-Discipline is the power, which gives one control over his habits, behavior, actions and reactions, exercise moderation in what he does, and the strength not to succumb to whims and rash impulsive actions. When it is really strong, one can withstand pressures and temptations, and does not let outside influences, whims or passing thoughts decide for him.

People possessing self-discipline are able to set goals, and work toward their achievement day after day, until they accomplish them. They are able to make sustained efforts. Anything worthwhile needs sustained effort to achieve, and without self-discipline there is no sustained effort.

Self-discipline is not a punishment or a restrictive lifestyle. It does not mean being narrow minded or living like a fakir. It means doing what you think is best and appropriate to do at any given moment.

Its lack is the cause of failure in relationships and in business, of strife, unhappiness, tension, obesity and health problems.

In order to make a decision, start and work toward accomplishing any task or ambition, whether small or big, you need will power. To stick until a successful conclusion you need self-discipline. Self-discipline and will power work together and strengthen each other.

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The good news is that will power and self-discipline are skills that can be learned and developed.

You will find that the terms “inner strength” and “inner power” are widely used in this book. They relay the same meaning, and are the combined powers of will power and self-discipline. They give the ability to take action, overcome habits, resist pressure and stand up to any emergency. They are analogous to physical strength.

The inner power battery

Consciously and purposely refraining from useless, unnecessary and worthless desires, thoughts, feelings and actions builds up and reinforces will power and self-discipline.

Each time you reject and refuse to appease any senseless, unimportant and unnecessary desire, you charge the battery of your will power and self-discipline.

When the battery of your will power and self-discipline is fully charged, it supplies power whenever it is needed.

Personal experience

Spirituality and self-growth have fascinated me from an early age. I was about fifteen years old, when my interest was first kindled. My father used to talk with me about the power of thoughts and the mind, and introduced me to his interesting books. These conversations evoked my interest and curiosity, and the desire to experience these things.

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Later, I started to read my father's large collection of books and magazines about inner development, mind power, the occult, yoga, psychology and philosophy.

Along the years my interest has grown and deepened. I have collected and read many books about the power of concentration, visualization, mind power, meditation and spirituality, and practiced what they taught.

Mouni Sadhu, a very talented spiritual and occult writer, wrote some of the books that have especially attracted my attention and interest. Among other things, he wrote about the importance of will power, and gave some useful advice and instructions. The method he presented was of conquering and refusing to satisfy unimportant inner impulses and desires, as a way to train the will.

What he said was very fascinating, and I enthusiastically started to practice the exercises he suggested. They were simple, uncomplicated and practical, and yielded almost immediate results.

At about the same time I was making my first steps in learning and practicing concentration exercises and meditation. I realized that will power and self-discipline were very important for developing the power concentration and practicing meditation. I came to the conclusion that strong will power and developed self-discipline were essential for developing perseverance, and for success in self-improvement techniques, spiritual growth and controlling the mind.

One of the first exercises that I practiced was drinking my coffee and tea without sugar. Until then I used to add two teaspoonful of sugar to each cup I drank. I wanted to test my will power, and to find out whether I could endure the unsweetened beverages for a whole week. At first it was tough, because they were bitter and not tasty, but after about a week I got used to the bitter taste. This victory made me very happy, increased my inner strength, and motivated me to continue.

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After practicing the exercise for some time, I stopped experiencing inner resistance or discomfort, and therefore, if I wished, I could have resorted to my previous habit of drinking with sugar, but didn't, because I began to like that taste.

Years have passed since then, and I still enjoy drinking hot beverages without sugar, though sometimes I do add a little sugar to the tea only, when it is too strong.

Acting contrary to a habit, and doing some disagreeable action strengthen the power of the will, self-discipline and endurance, and that is exactly the role of this exercise.

After strengthening your will power by conquering a habit, you may, if you wish, return to your old habit, if it is not harmful and you still like it.

You might consider the above-mentioned exercise as a sacrifice or as giving up of pleasure, but this is only temporary and for a good purpose.

By training your will power in this way you strengthen it, just as you strengthen your muscles by lifting heavy weights at the gym. You make some effort in order to gain a stronger will. You “sacrifice” some pleasure for the sake of gaining something better.

I wish to share with you another experience I went through at the beginning of my training.

At that time I began reading a very thick book, but after reading a few pages I put it aside, as it was too boring.

At that very moment I remembered that one of the ways to strengthen will power was by doing disagreeable things and completing them. I decided that no matter how boring the book is, I am going to read it through. I stuck with my decision, and went through each page to the last one.

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Though it was a small accomplishment, it was a great victory for me, since I was able to overcome the opposition of my mind. This incident filled me with strength, and the faith that I can overcome any inner resistance of the mind. I felt that if I could read a boring book, I would be able to do greater things that need more inner effort.

Later, I have noticed that this exercise, and similar ones, developed my ability to go through and finish whatever I started to do, not just reading books.

Over the years I have read whatever I could find about this intriguing subject, and invented and practiced many more exercises.

The benefits of will power and self-discipline

Here is a partial list of what will power and self-discipline can do for you:

- Overcome laziness.
- Overcome shyness.
- Overcome negative habits.

- Overcome fear.
- Overcome inner resistance.
- Resist temptations.

- Stop smoking.
- Lose weight.
- Engage in physical training or sports activity.

- Stop procrastinating.
- Stick to your decisions and execute them.
- Be courageous to take the first step.

- Act instead of just daydream.

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- Control, change and improve your habits.
- Control your eating habits.

- Be able to get up early in the morning.
- Always finish what you start.
- Get over anger and other negative feelings.

- Improve concentration.
- Improve the ability to meditate.
- Start a self-improvement program.

- Succeed in whatever you do.
- Be able to say “no” when necessary.
- Have the courage to speak up your mind.

Will power and self-discipline have immense value in all walks of life. They are necessary for almost every act. The more they are developed, the more control you have over your life. If you intend to achieve any kind of success in your life, then will power and self-discipline are a must. They resemble a powerful engine, which is at your disposal. Without them, you let other people, circumstances, and your own whims and stray thoughts to direct your life.

Will power and self-discipline help you to focus your mind while studying. They give you the courage to ask for a raise or refuse to do work that is unfairly delegated. They supply the perseverance to follow a diet or any sort of training or plan, and enable you to use your time wisely, instead of wasting it.

Will power and self-discipline are required at work and at home, when alone or when in company. They endow the power to control moods, thoughts, words and actions.

Real inner power, which is gained by systematic development, is always available, under all times and conditions. It is not something that manifests

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sporadically and occasionally, but is under the control of the person possessing it.

What are you willing to do in order to attain this power, to be always able to follow your decisions to the end, and to have more control over your life?

Read on, and find out how to gain this power.

Why most people lack will power and self-discipline

What would you prefer to do, sit in an armchair and watch a romantic soap opera, or clean the house?

Would you prefer to lie down in bed and read a book, while it is raining outside, or pull yourself out of bed and go to the gym to exercise?

Would you prefer to eat a delicious piece of cake rich in calories, or cucumbers and tomatoes?

1) Most people prefer **comfortable laziness** to actions that require effort. Indolence is very comfortable. It has no demands, and needs no effort. On the other hand, **will power and self-discipline are not always comfortable**. They demand decisiveness and action.

2) The **fear of failure** holds back decisiveness and taking positive action. Many find it hard to manifest will power due to negative habits and thoughts. Their minds have been subconsciously programmed by their environment and circumstances to dwell on negative thoughts and expect the worst. This attitude makes them weak and dependent, and prevents them from manifesting inner power.

Deep-seated thoughts, suggestions and habits that have sunk into the subconscious mind prevent the inner power from manifesting.

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Children hear from an early age the following or similar words:

“This cannot be done”.

“This is not good for you”.

“Avoid this... and beware of that”.

These words **repress initiative, self-reliance and creativity**, and the child develops fears and repulsion about certain things. He is taught not to rely on himself, and he grows up with weak will power and self-discipline, unless he becomes aware of this weakness and decides to do something about it.

3) Parents and teachers try to teach children discipline, but more often it is the enforcement of their will on the children, and not any true guidance to develop self-discipline. This attitude usually engenders opposition and clashes. This is one of the reasons why children, and later as adults, exhibit a subconscious dislike of discipline. They feel and regard discipline of any kind as limitation of freedom, and as something unpleasant and frightening.

As grown ups, they grow and settle into a certain kind of life, which they fear to change, even if it is unpleasant and they don't like it. They consider change and improvement to be difficult, if not impossible. They accept their character and abilities as fixed, and the idea of gaining inner strength and power doesn't even occur to them.

4) All of us confront many, hard to ignore temptations, almost each hour of the day. Just think about the quantity of the ads in the newspapers, the magazines and on TV. Look at the assortment of products for sale in the supermarkets and shopping malls, and the huge amount of available entertainment, such as TV, movies, restaurants, concerts, sports competitions etc.

It is not easy to resist all these temptations. How can you resist the beautifully arranged and tasty food at the supermarket, or resist watching a TV show, which offers a pleasant escape from daily life? All these temptations distract the attention, weaken the will and the concentration, and divert the mind from focusing and manifesting decisiveness and inner power.

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Lack of will power and self-discipline makes it difficult to stick in one direction, when there are so many other pleasant things to do or choose, and which offer immediate gratification. This turns into a vicious circle, where one manifests no will power and self-discipline, but follows his every whim and desire.

5) A lot of people find it hard to manifest will power, due to feelings of unworthiness, weakness and low self-esteem.

- Reinforcing the inner powers is not a common knowledge. Neither teachers at school nor parents teach it, because most of them do not know much about it.

- Very few people know that these powers can be gradually strengthened by proper exercises.

- Most people go through life letting other people, the environment, and circumstances control their lives and decide for them.

- People find it is easier and more convenient to sink into self-pity, when encountering failure, than exhibiting inner strength.

- It is easier and more convenient to listen to people who say that this or that cannot be done, rather than pull yourself together, rise up and decide that you are capable and able to succeed.

- It is easy to let laziness win, even though it is fruitless, as this needs no effort.

Negative habits and thoughts, repressed initiative and creativity, feelings of unworthiness and weakness, laziness and fear, are just few of the obstacles that stand in the way of expressing will power and self-discipline.

If will power and self-discipline were taught at school like any other subject, life would have been so much better for many of us.

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About the author



Remez Sasson teaches and writes about positive thinking, creative visualization, motivation, self-improvement, spiritual growth, meditation and peace of mind.

He is the author of several books, among which are, "Peace of Mind in Daily Life", "Visualize and Achieve" and "Affirmations - Words of Power".

In his books and articles he provides practical information, useful advice and clear instructions for anyone seeking self-improvement, spiritual growth or inner peace, or who wishes to develop a positive approach to life and attain happiness and success.

Remez Sasson is the creator and owner of www.SuccessConsciousness.com, a website dedicated to positive thinking, self-improvement, spiritual growth and to greater spiritual awareness.

His articles can be found at his website www.SuccessConsciousness.com, as well as at other websites.

Remez Sasson is married and has two children.

For information about Remez Sasson's books, please visit:
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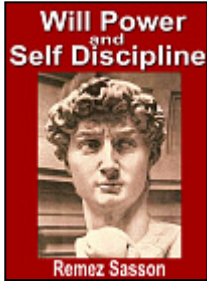
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‘Will power and Self Discipline’ is a complete training program, with techniques and exercises, for developing willpower, self-discipline, assertiveness and inner strength.

You will learn how to develop inner strength, which will help you to overcome obstacles, weakness, laziness, negative habits, addictions and lack of decisiveness.

- ✓ Willpower and self-discipline are two of the most important keys to success!
- ✓ Willpower and self-discipline are indispensable, if you intend to improve your life and achieve success.
- ✓ Willpower and self-discipline are vital for self-improvement, spiritual growth and meditation.
- ✓ Willpower and self-discipline are required for the development of all the inner powers, including the power of concentration.
- ✓ Willpower and self-discipline bestow the inner strength and power to overcome obstacles, weakness, laziness, negative habits, addictions and lack of decisiveness.

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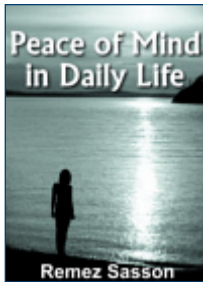
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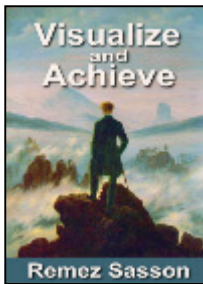


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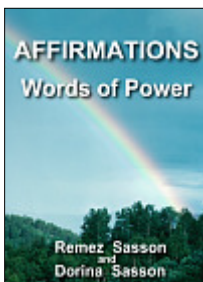
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