

# The Persistence Formula: Follow Through, Stop Quitting, Stay Focused, Avoid Distraction, Achieve Your Goals, Control Your Habits, Maximize

# THE PERSISTENCE FORMULA

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The Slump, and Enjoy The Entire Journey

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Follow Through, Stop Quitting, Stay Focused, Avoid Distraction,  
Achieve Your Goals, Control Your Habits, Maximize Productivity,  
Crush The Slump, and Enjoy The Entire Journey

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A Realistic and Honest Approach to Begin Achieving Your Goals In Life. Whether you want to lose weight, earn more money, have more time to relax, declutter your home, start your own business, write a novel, or anything else, this book can help you. This book will provide a combination of exercises, strategies, and theories that will help you to take advantage of yielding massive results with small steps over a long period of time. If you are looking for a formulaic approach that can help you define, stay focused and follow through with your long term goals while you enjoy your life this book is for you. This book aims to help the people who struggle to stick with their pursuits. Throughout This Book You'll Learn How To Improve Your Self-Image Identify and Crush Your Go To Excuses Develop and Strengthen Your Self-Discipline Create Positive and Eliminate Negative Habits Implement A Productivity System To Efficiently Manage Your To-Do Lists Destroy The Inevitable Slump Sustain The Success and Momentum You Develop LONG AFTER You Complete This Book Much More! Take the first step to becoming a life long productivity machine.