



The Skinny on Willpower: How to Develop Self Discipline

By Jim Randel

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Ever wish you could speed read every book written on a particular topic? Well, now someone has done that for you. The Skinny on Willpower is a substantive analysis of the subject of self-discipline, told in story format. This book is the story of a young couple each with a goal that requires the development of willpower. Each struggles with their challenge but through trial and error and advice of the moderator, find the way to achieve their dreams. The author, Jim Randel, has spent thirty years studying the subjects of willpower and self-discipline. He has read every book or article on the subject, he has listened to all the CDs. He has spoken with the experts. He has interviewed superstars in movies, TV, athletics, politics and business. This book is the conclusion of his studies. In a book that can be read in about one hour, the reader will gain an incredibly valuable understanding of how to boost his or her willpower. Selected as one of the 9 Self-Helpers for 2009, by the New York Daily News. This book will take you to a new level of insight into why some people are able to achieve their goals and dreams and others are not. As said by Teddy Roosevelt:

The one quality which sets one apart from another the key which lifts one to every aspiration while others are caught up in the mire of mediocrity is not talent, formal education, nor intellectual brightness; it is self-discipline. With self-discipline, all things are possible. Without it, even the simplest goal can seem like the impossible dream.

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Editorial Review

Review

Don't let the stick figures fool you--*The Skinny on Willpower* is a funny book that offers up some seriously good information on how to declutter your brain and discipline yourself to achieve your personal and professional goals. Jim Randel will have you laughing and thinking at the same time. A very enjoyable read!
--Ken Blanchard, Co-author, *The One Minute Manager* and *The One Minute Entrepreneur*

Great Book. Quick read and easy to understand. All you will ever need to know about willpower and self-discipline. --Richard Harrington, Former CEO Thomson Reuters

I have known Jim for 25 years. He not only has amazing mental fortitude and lives the life he preaches, he also has an in-depth knowledge of these subjects and plenty of credibility to write this book. --Dwight Stones, 3-time Olympian, 10-time World Record Holder, Broadcaster

About the Author

For many years, I have studied the process of achievement. I have read everything I could find on the subject; I have pestered highly successful friends and acquaintances as to their own path to success; and I have experimented with my own life. Here is what I have concluded: 99% of those individuals who achieve their goals do so not because they are especially talented, intelligent, good-looking or even lucky, but rather because they find the courage and guts to act in pursuit of their dreams and persist against setbacks. One of the reasons I have written *The Skinny on Willpower* is because I worry that people with dreams have been distracted by authors sending people this message: The Universe is rooting for you. If you ask, put your belief in the Universe and be patient, your wishes will come true. I do not believe that statement. ... if you want good things to happen in your life, you need to get off the couch and make them happen. Whether your goal is to lose weight, make a million dollars, write a best-seller, or become a movie star, you must be prepared to pay the price. Those people who accomplish their dreams are usually distinguished by the strength of their will. You are about to read a book that will help bring you closer to your dreams and goals by giving you insight into the subject of willpower. As Teddy Roosevelt said: With self-discipline, all things are possible.

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Thelma Brady:

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Carlos Pollard:

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