

Title:

Developing Self-Discipline And Moderation

Word Count:

886

Summary:

What is self-discipline exactly, and why is it important? I think many people in our modern so

There is no...

Keywords:

physical wellness,work life balance,self discipline,moderation,inner strength,total health,wel

Article Body:

What is self-discipline exactly, and why is it important? I think many people in our modern so

There is nothing wrong or immoral about our desires, except for one thing: When we consistentl

We know smoking is unhealthy. We know junk food is no good for us. We know we should be exerci

Have you had experiences like this where your mind says "no" but you seem unable to resist? I

The dictionary defines Discipline as:

- 1) training that develops self-control, efficiency, etc.
 - 2) strict control to enforce obedience
 - 3) orderly conduct
 - 4) a system of rules, as for a monastic order
 - 5) treatment that corrects or punishes
- (Webster's New World Dictionary © 1990, 1995 Simon & Schuster Inc.)

Self-Discipline is obviously applying these techniques to ourselves. Why would a person want t

Strengthening our self-control is a powerful thing to do because it frees us. We are no longer

For some of us, there is a whole wagon load of emotional issues that come along with our cravi

What it comes down to is asking ourselves this question: is it worth the effort? How much will

I think the most important thing to do is look honestly at our lives, and determine if we are

Strengthening our will and resisting our desires is difficult. Many of us have become so weak

If the desire is there, however, even a tiny spark of desire, it is enough. Then we can begin

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