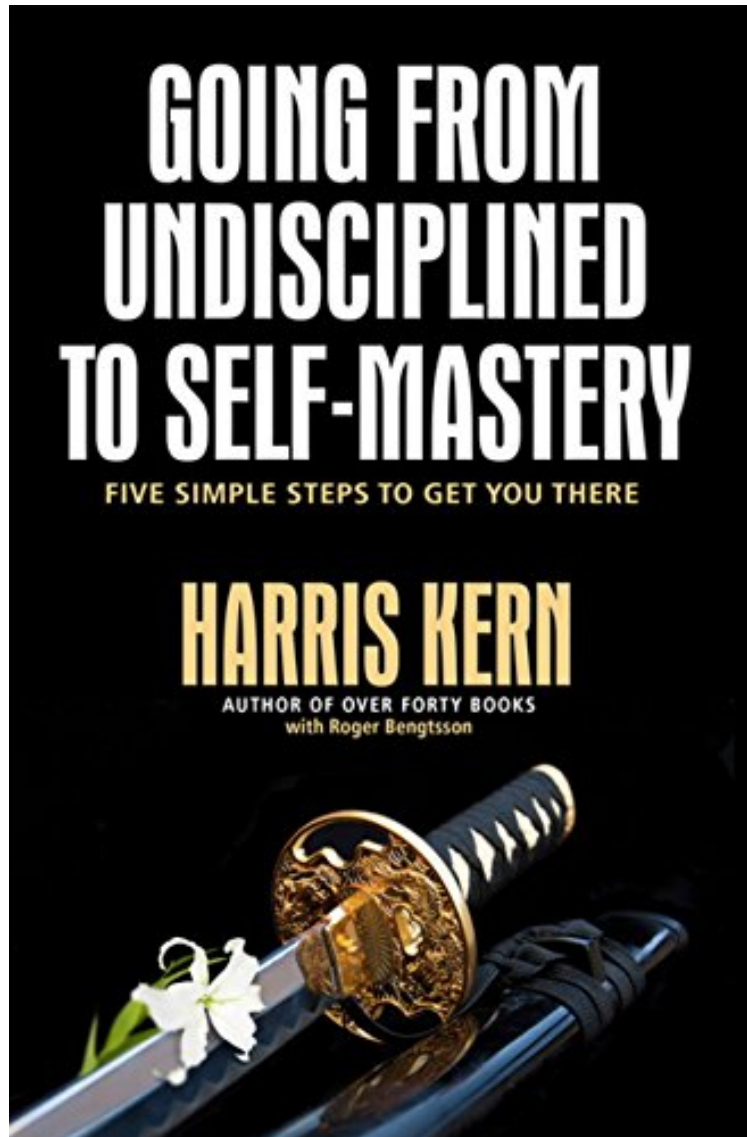


[Mobile book] Going from Undisciplined to Self Mastery: Five Simple Steps to Get You There

Going from Undisciplined to Self Mastery: Five Simple Steps to Get You There

Harris Kern

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Harris Kern : Going from Undisciplined to Self Mastery: Five Simple Steps to Get You There before purchasing it in order to gage whether or not it would be worth my time, and all praised Going from Undisciplined to Self Mastery: Five Simple Steps to Get You There:

3 of 3 people found the following review helpful. Knowing how to acquire it and being disciplined are like night and day By C Barrera I've read dozens of books and articles on personal development, listened to many success-related

webinars and podcasts but there was still something missing in really accomplishing my goals. I lacked consistency and was getting really frustrated. I read Mr. Kern's book and what appealed to me the most was his no nonsense/fluff-free approach. Forget the marketing hype. If you want propaganda purchase another book. The bottom line is; if you want to be successful develop your self-discipline skills. That wasn't news to me. Knowing how to acquire it and being disciplined are like night and day. However, his 5 steps simplify the process and it helped me develop a plan to accomplish my goals. Good read. 2 of 2 people found the following review helpful. Author Harris Kern shows how to get the most out of life in fascinating new book By Cyrus Webb Time. We all have just 24 hours each day, so the real question is what are you going to do with your life that is going to help you achieve your goals and make a difference. That is what Harris Kern evaluated along his own journey, and through his book GOING FROM UNDISCIPLINED TO SELF MASTERY he helps us all to do the same. I love the fact that the book outlines not just the tools needed to get things on track in our day to day lives but the importance of being consistent and dedicated to the tasks at hand. Harris shows that we have to go beyond just being busy and get to a place where we are really productive. In that way we are able to see that barriers in front of us can be overcome and the goals we set are attainable. A great thing that Harris discusses is the importance of being kind to yourself. There is nothing wrong with being "treated" for your hard work. If you want to sleep in, take a day off, that is great. Do it! The important thing again is to make sure that you are not losing sight of what you are living for. The other great thing in the book are the examples Harris shares of individuals just like you and me who have been in a trouble spot and have been able to get help. The lesson for us? Not to think it is too late for us to make a change, again, if you are willing to do the work. Definitely a book that shows you get out of life what you are willing to put in, Harris Kern's GOING FROM UNDISCIPLINED TO SELF MASTERY hits all the right points. 0 of 0 people found the following review helpful. Setting goals isn't enough....this book shows you how to achieve them ! By kim Before reading this book I suffered from severe procrastination and was very disorganized. I had a new idea everyday but didn't really focus on one goal and pursue it diligently to completion. This resulted in me not really achieving any of the goals and hence feeling discouraged. My day lacked structure and my daily priorities weren't really clear. This book helped me realize exactly what I was doing wrong. Following a simple five step process that is laid out in this book, I feel like I have come a really long way. I still have a long list of goals I want to pursue but I have now prioritized them and am working on one goal at a time. This book taught me how to institute structure so that both my surroundings and my mind are decluttered and are no longer a source of distraction. I am able to manage my time effectively and I now hold myself accountable to the goals and deadlines I set. The book has several case studies describing the steps each person took to overcome their weaknesses and obstacles. I learnt a lot and it was definitely eye opening. Overall I am a lot more optimistic and confident and really excited about all the great things to come. I highly recommend this book !

Going from Undisciplined to Self-Mastery is the roadmap you'll need to take you from being an unproductive human being to becoming the master of your own fate. It will guide you through the time-proven five steps needed to help transform your life into what you really want it to be. These steps will help you develop the self-discipline you'll need in order to live the rest of your life with true purpose. The five steps are based on hundreds of life coaching and organization performance mentoring case studies facilitated by the author. Once you master all five of these steps, you will be able to combat the top issues affecting many people in the world today-the author calls them The Dirty Dozen: **Severe procrastination**; **Failed goals**; **No motivation**; **No sense of urgency**; **Disorganized**; **Lack of structure**; **Not focused**; **Not managing sleep optimally**; **Poor performance**; **Poor time management**; **Lack of energy**; **Inconsistency**

About the Author Harris Kern is one of the world's leading life and organization mentors. Harris has been mentoring people, www.disciplinementor.com, and organizations, www.disciplinetheorganization.com, for over twenty-five years to attain the highest level of efficiency. He helps individuals develop key skills i.e., self-discipline, leadership and EQ (communication, relationship management, inter-personal, etc.). He pioneered the Discipline Mentoring Program and Professional/Personal Growth Program (Psup2;GP). Harris is a master of self-discipline and an acclaimed author and publisher of over 40 books, some of the titles include: DISCIPLINE: Six Steps To Unleashing Your Hidden Potential, DISCIPLINE: Training The Mind To Manage Your Life, DISCIPLINE: Mentoring Children For Success, and DISCIPLINE: Take Control Of Your Life. Harris is recognized as the foremost authority and highly regarded consultant on providing practical guidance for solving management issues and challenges. He is a frequent speaker at business, leadership, and management conferences. His client list reads like a "Who's Who of American and International Business." Standard and Poor's, GE, The Weather Channel, SONY Corporation, NEWS Corporation, Warner Brothers, Hong Kong Air Cargo Terminal (HACTL), among hundreds of other Fortune 500 and Global 2000 companies. Mr. Kern is the founder and driving force behind the Harris Kern Enterprise Computing Institute, www.harriskern.com, and the best-selling series of IT books published by Prentice Hall. The series includes titles such as: IT Services, CIO Wisdom, and Managing IT as an Investment, among others. As founder of the Enterprise Computing Institute, he has brought together the industry's leading minds to publish

"how-to" textbooks on the critical issues the IT industry faces.