



# The Skinny on Willpower: How to Develop Self Discipline

By Jim Randel

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## The Skinny on Willpower: How to Develop Self Discipline By Jim Randel

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.

### Users Review

#### From reader reviews:

##### Amanda Haskin:

The book *The Skinny on Willpower: How to Develop Self Discipline* can give more knowledge and information about everything you want. So just why must we leave a good thing like a book *The Skinny on Willpower: How to Develop Self Discipline*? Wide variety you have a different opinion about guide. But one aim in which book can give many info for us. It is absolutely right. Right now, try to closer along with your book. Knowledge or data that you take for that, you may give for each other; you could share all of these. Book *The Skinny on Willpower: How to Develop Self Discipline* has simple shape but the truth is know: it has great and massive function for you. You can seem the enormous world by open and read a publication. So it is very wonderful.

**Thomas Schulz:**

Now a day individuals who Living in the era everywhere everything reachable by interact with the internet and the resources inside can be true or not involve people to be aware of each facts they get. How individuals to be smart in obtaining any information nowadays? Of course the solution is reading a book. Looking at a book can help people out of this uncertainty Information especially this The Skinny on Willpower: How to Develop Self Discipline book because book offers you rich info and knowledge. Of course the information in this book hundred % guarantees there is no doubt in it everybody knows.

**Scott Anderson:**

Reading a book tends to be new life style in this particular era globalization. With looking at you can get a lot of information which will give you benefit in your life. Together with book everyone in this world may share their idea. Publications can also inspire a lot of people. A lot of author can inspire their reader with their story or their experience. Not only the storyline that share in the guides. But also they write about the information about something that you need example of this. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on this planet always try to improve their skill in writing, they also doing some investigation before they write to their book. One of them is this The Skinny on Willpower: How to Develop Self Discipline.

**Anita Burns:**

Your reading sixth sense will not betray anyone, why because this The Skinny on Willpower: How to Develop Self Discipline book written by well-known writer who knows well how to make book that can be understand by anyone who have read the book. Written in good manner for you, leaking every ideas and publishing skill only for eliminate your personal hunger then you still hesitation The Skinny on Willpower: How to Develop Self Discipline as good book but not only by the cover but also with the content. This is one publication that can break don't evaluate book by its cover, so do you still needing another sixth sense to pick this kind of!? Oh come on your looking at sixth sense already told you so why you have to listening to an additional sixth sense.

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