



# How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker

*Bryan Ogilvie*

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"I believe that life is meant to be conquered, and that a creative, intelligent psyche - a self-aware, self-directed thinker - is an unconquerable force."

To see this force in action however, to grasp this creative strength and wield its power in actual life, requires one to both think and act in a disciplined way: to both see one's world through a disciplined frame of mind and construct one's goals through a disciplined style of behavior. The strength to conquer one's creative potential, therefore, *first begins with the strength to conquer one's self.*" ~ from pg. 1 of *How to Conquer Yourself*

What is willpower? What is discipline? Productivity? Self-motivation? *How can we internalize these traits*, making them our habitual style of behavior and natural process of thought, rather than the exception, both in the short-term and over the long range?

Why do some of the most creative, intelligent, consciously aware and sophisticated thinkers we know still have trouble making constructive use of their talents and skills?

What would your life be like - what would your drive and ambition unfold into - if there were no impediments to their authority or expression...if you were constantly at your prime, indefinitely?

**These are the questions this book answers**, amongst many more. These are the solutions it provides and the new dimensions it'll open up for you, once you take the step to check it out.

## **CHAPTERS INCLUDE:**

>> How to OVERCOME PROCRASTINATION

>> How to *Attain Discipline*

>> How to Build Motivation

>> How to Raise Productivity

>> How to Develop Systems

>> How to **Cultivate Willpower**

*How to Conquer Yourself: Discipline and Willpower for the Conscious, Creative Thinker* is specifically about how artists, musicians, graphic designers, film-makers, writers and other creative professionals can best refine their behavior and discipline themselves for success in their respective crafts. It's specifically written to serve as a strategic blueprint helping you to cultivate the motivation and willpower your goals necessitate and demand of you.

Because let's face it: if you're a conscious, creative person, just as the work you prefer to create is free-formed, liberal and self-expressive, the path to success you need to pursue is likewise undefined. That's the catch-22, the "negative side," to having artistic talent...you can never be too sure that it'll become something significant (in the material sense) and that anxiety will continue to undermine and sabotage your focus *until you put a framework in place*.

Remember this: if you don't develop a science and a methodology to sustain both your artistic skill *and* your ambition, you're going to end up neglecting and sacrificing both, which'll lead you to, eventually, neglect and sacrifice a central element to your identity; to lose sight of who you are as a person.

But again, when you're creative, just as the work you prefer to produce is freeform and self-expressive, the path you need to pursue is likewise freeform and undefined, so as a conscious, creative person, you need a lot more discipline than the average bear - you need, in fact, more willpower than the average person is even capable of envisioning.

If this person is you, if this subject interest you at all, **this book was written for you**. Check out *How to*

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