



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

*Bryan Ogilvie*

Download now

[Click here](#) if your download doesn't start automatically

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

Bryan Ogilvie

**How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker** Bryan Ogilvie  
"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*

*Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker* now...

 [\*\*Download\*\* How to Conquer Yourself: Discipline & Willpower fo ...pdf](#)

 [\*\*Read Online\*\* How to Conquer Yourself: Discipline & Willpower ...pdf](#)

## **Download and Read Free Online How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker Bryan Ogilvie**

---

### **From reader reviews:**

#### **Kim Bogdan:**

The book How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker can give more knowledge and information about everything you want. So why must we leave a very important thing like a book How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker? Several of you have a different opinion about publication. But one aim in which book can give many info for us. It is absolutely suitable. Right now, try to closer using your book. Knowledge or details that you take for that, you may give for each other; you are able to share all of these. Book How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker has simple shape but you know: it has great and large function for you. You can search the enormous world by available and read a publication. So it is very wonderful.

#### **David Dugas:**

This How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker are reliable for you who want to be considered a successful person, why. The main reason of this How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker can be among the great books you must have is usually giving you more than just simple looking at food but feed a person with information that probably will shock your prior knowledge. This book will be handy, you can bring it everywhere and whenever your conditions in e-book and printed ones. Beside that this How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker forcing you to have an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that we understand it useful in your day pastime. So, let's have it and enjoy reading.

#### **Alysa Appel:**

People live in this new moment of lifestyle always try to and must have the time or they will get lots of stress from both day to day life and work. So, when we ask do people have spare time, we will say absolutely yes. People is human not only a robot. Then we question again, what kind of activity are there when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative throughout spending your spare time, the book you have read is actually How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker.

#### **William Black:**

Are you kind of busy person, only have 10 or even 15 minute in your time to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you are receiving problem with the book when compared with can satisfy your small amount of time to read it because all of this time you only find publication that need more time to be learn. How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker can be your answer because it can be read by an individual who have those

short extra time problems.

**Download and Read Online How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker Bryan Ogilvie  
#042JDIBHSMR**

# **Read How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker by Bryan Ogilvie for online ebook**

How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker by Bryan Ogilvie Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker by Bryan Ogilvie books to read online.

## **Online How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker by Bryan Ogilvie ebook PDF download**

**How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker by Bryan Ogilvie Doc**

**How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker by Bryan Ogilvie MobiPocket**

**How to Conquer Yourself: Discipline & Willpower for the Conscious, Creative Thinker by Bryan Ogilvie EPub**