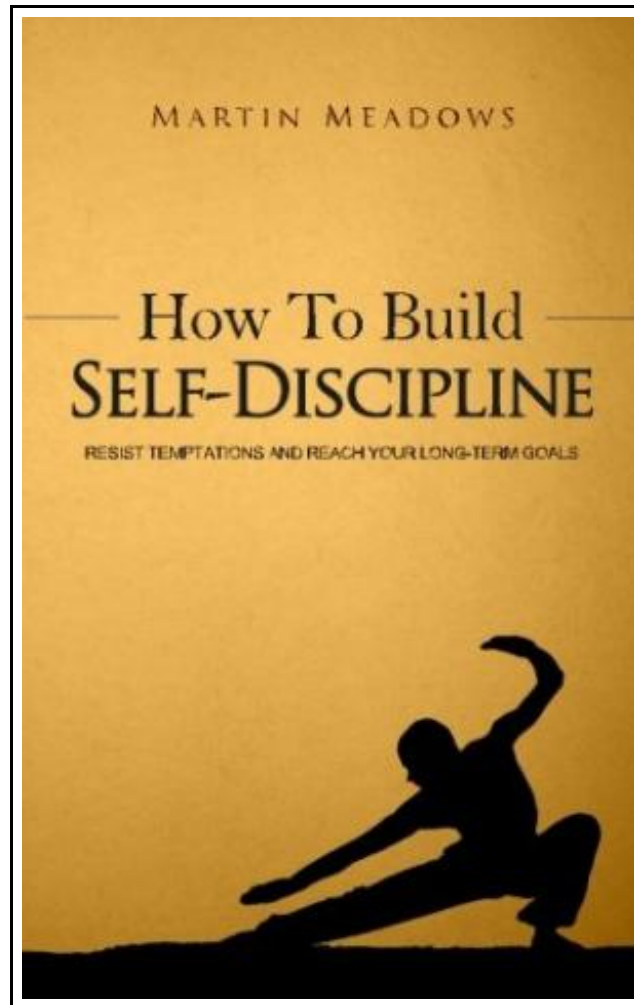


## How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals



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