

## **The Power of Discipline**

**By Daniel Walter**

**Review by: Robert Fernandez, 42**

**Star Teen Book Reviewer of Be the Star You Are! Charity**

**[www.bethestaryouare.org](http://www.bethestaryouare.org)**

We all have our beliefs or opinions on how discipline can affect our daily lives or long-term success. In the *Power of Discipline* by Daniel Walter, he explores just how powerful discipline can be as the cornerstone to professional and personal achievements. Walter explains how by utilizing real-life strategies and techniques, anyone is capable of developing their level of discipline. It's an insightful read that is very clear and easy to understand, making just that much more engaging. So I would recommend this book to readers of all groups and professional backgrounds as his concepts are simple to digest.

Walter also takes a deep dive into the psychology of self-control (aka discipline) and why it matters so much towards one's success. He successfully articulates through scientific research, personal stories and real-world examples how discipline can truly transform your life. And not only can it help make you more productive in your professional life, but can help improve healthier relationships in your personal life. Most importantly, he provides the steps necessary to help nurture and grow your level of discipline, mostly through practical exercises that are easy enough.

Whether you're looking to add more structure to your life, trying to achieve professional aspirations, or just become mentally tougher, Walter's techniques can help readers learn how to control their habits (good or bad) in a more productive manner. He also recognizes the difficulties in maintaining discipline, that it can be even more difficult to continue the course of discipline versus creating it to begin with. Although the journey towards "ultimate discipline" may be long and arduous, it can pay huge dividends once perfected, through practice and patience. Would recommend this book to anyone trying to find more balance in their lives.

### **Recommended Titles:**

The Power of Self-Discipline, by Petter Hollins

Don't Believe Everything You Think, by Joseph Nguyen

Stop Overthinking, by Nick Trenton