



# Self Discipline and Emotional Control

By Tom Miller

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## Self Discipline and Emotional Control By Tom Miller

*How to stay calm and productive under pressure.*

Does your temper ever get you into trouble? Do you sometimes rub people the wrong way? When was the last time you promised to change a habit -- and you did? This program will help you change your negative behaviors permanently.

Program Highlights:

- \* Learn how to change the bad habits you've struggled with
- \* Face irrational fears with renewed courage and confidence
- \* Recognize when you're rubbing people the wrong way
- \* Learn methods for handling arguments rationally and productively
- \* Learn techniques to help you stay composed -- even when you feel overwhelmed.

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## Self Discipline and Emotional Control By Tom Miller Bibliography

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