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## Discipline Equals Freedom Field Manual

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expect to be motivated every day to get out there and make things happen. You won't be. Do...

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Discipline Equals Freedom: Field Manual is not your typical ‘self-help’ book. This short book is tailored to be the field manual that helps you reach your full potential and achieve victory on the battlefield of life. Jocko Willink uses a no-nonsense approach to instill values of discipline into his readers.

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## **Opening Dedication**

Discipline Equals Freedom covers it all, including strategies and tactics for conquering weakness, procrastination, and fear, and specific physical training presented in workouts for beginner, intermediate, and advanced athletes, and even the best sleep habits and food intake recommended to optimize performance.

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