



21 Ways to Help Master Self Control: Learn to Focus Your Mind on the Important Things in Life

Robert T Gasperson

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If we lack self-control in anything in life it could lead to depression, loss of relationships, loss of money and probably a shorter lifespan. The idea of self control is to limit yourself to things that will benefit your life and stay away from the things that will harm you in the long run.

If we can master the art of self-control then life becomes manageable, fun and even exciting. We will meet new people, grow relationships and develop projects that become something bigger than one single person can fathom. Here are 21 ways to help master your self control.

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