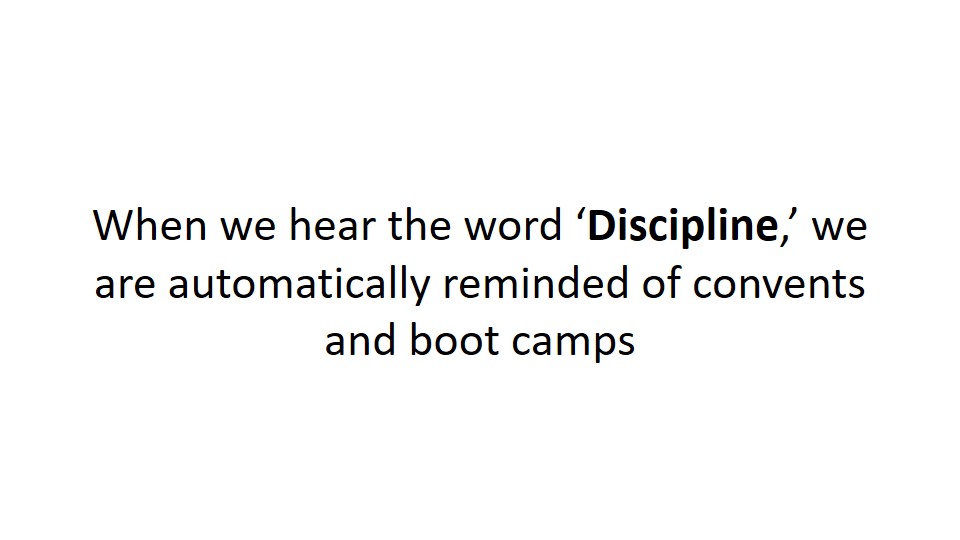
# Introduction



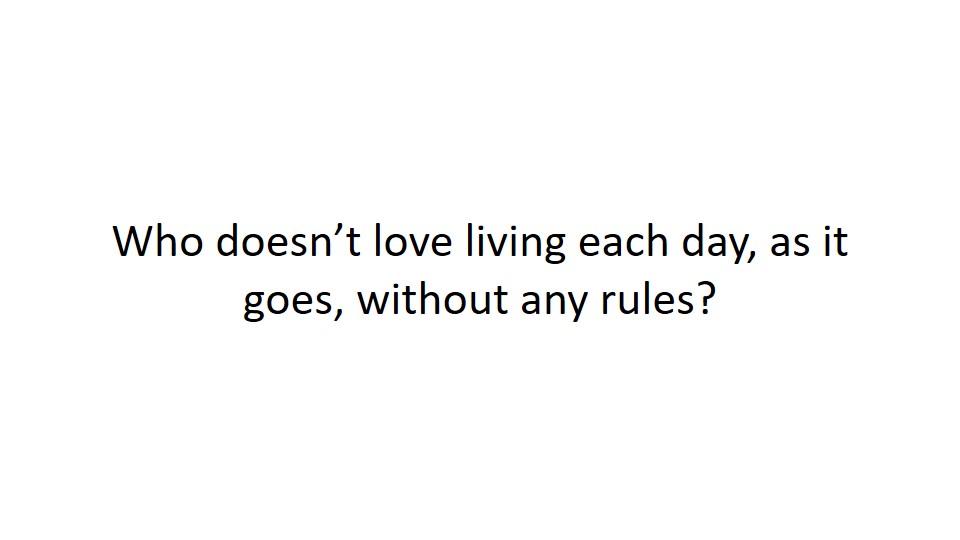
**S1**: Pause for 3 seconds



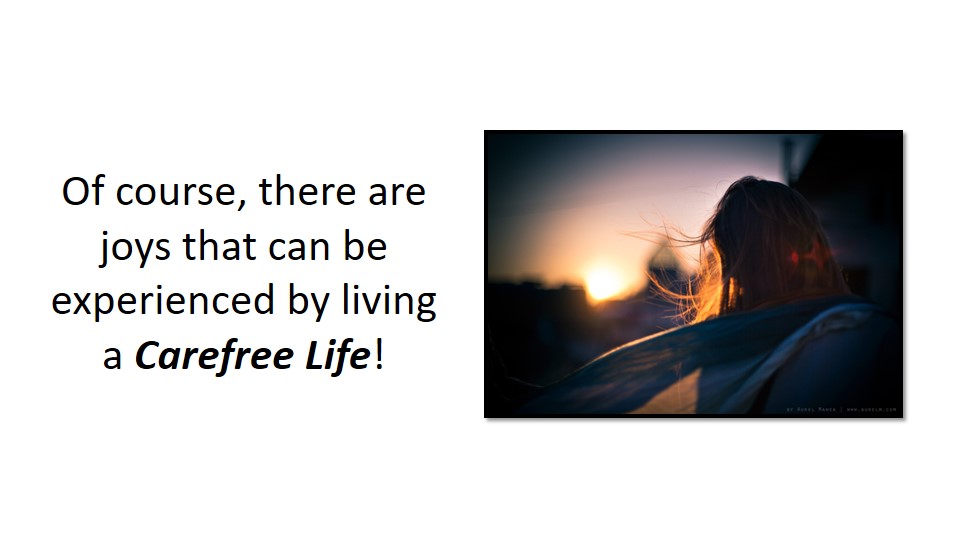
**S2**: Most of us hate rules!



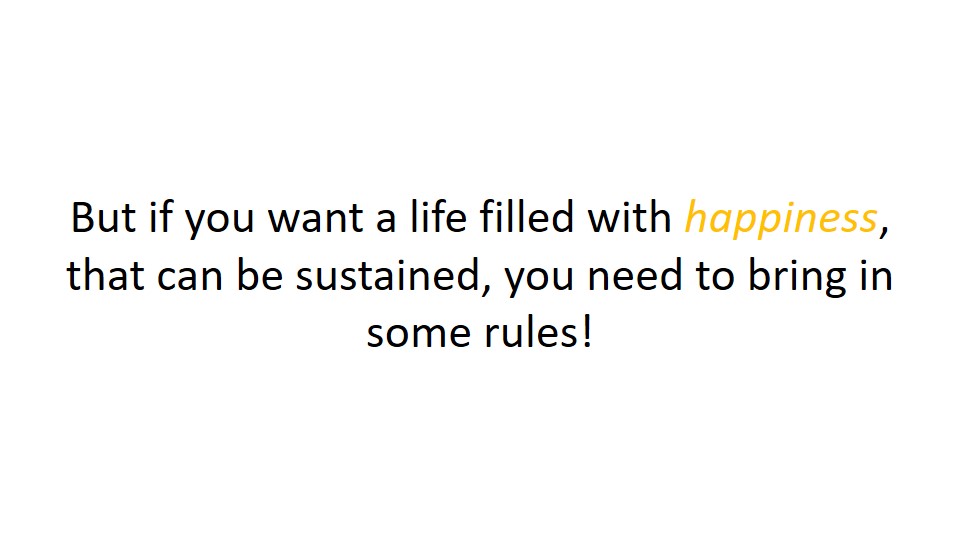
**S3:** When we hear the word ‘discipline,’ we are automatically reminded of convents and boot camps.



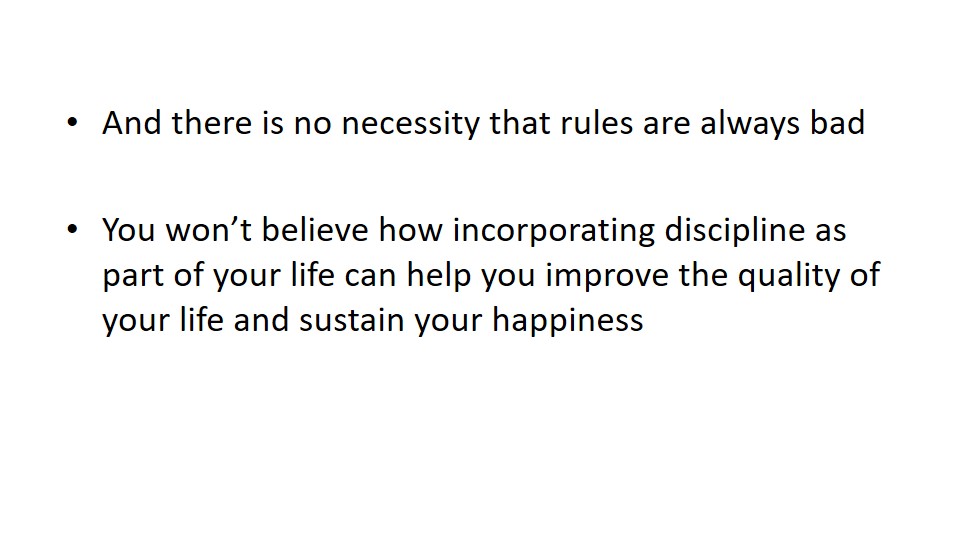
**S4:** Who doesn’t love living each day, as it goes, without any rules?



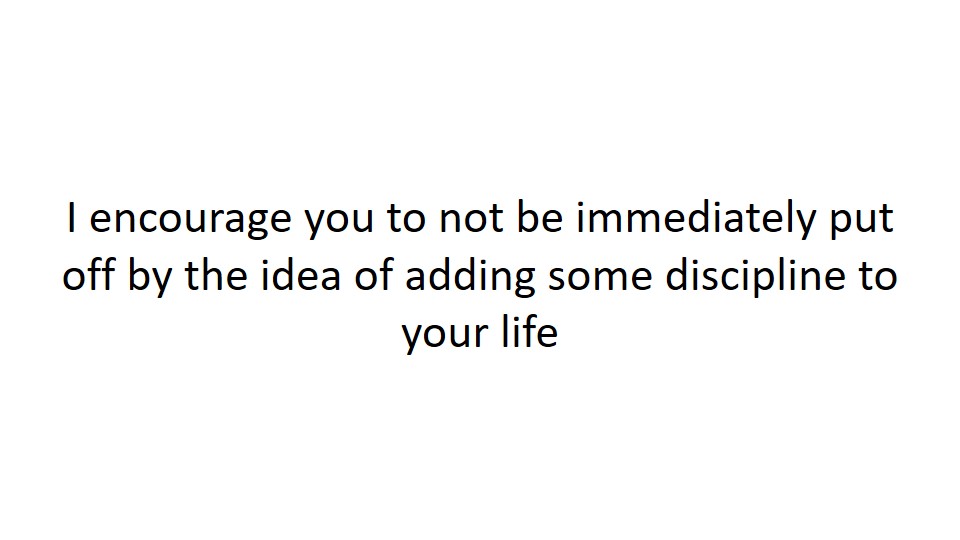
**S5:** Of course, there are joys that can be experienced by living a carefree life!



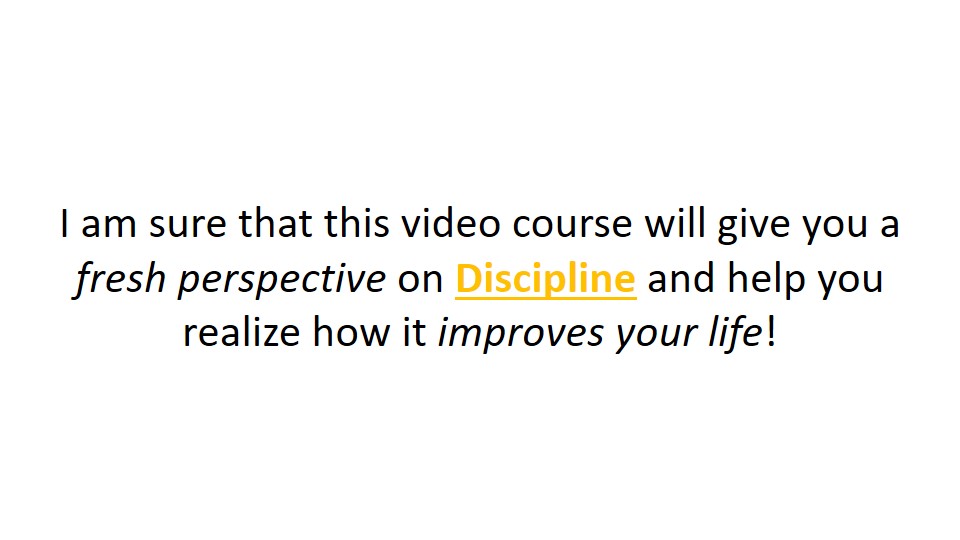
**S6:** But if you want a life filled with happiness, that can be sustained, you need to bring in some rules!



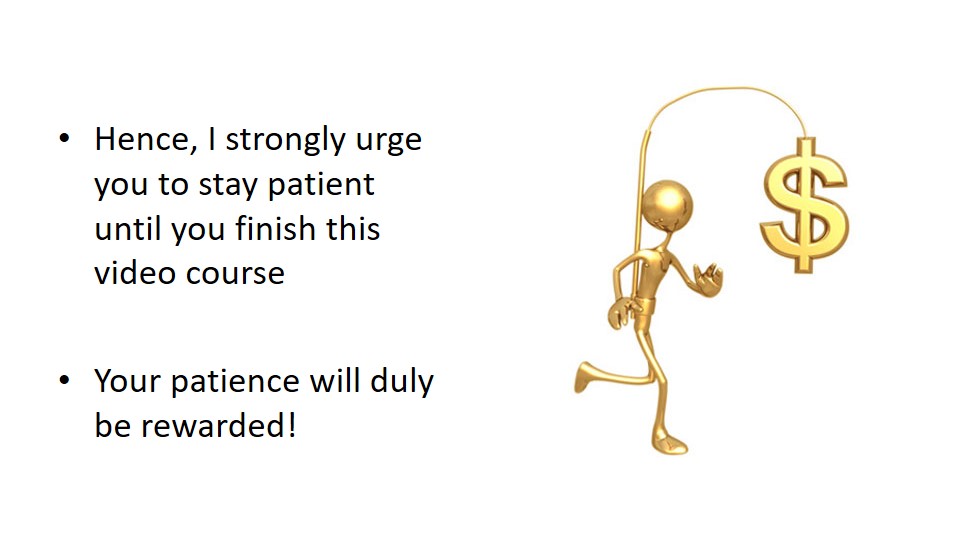
**S7:** And there is no necessity that rules are always bad. You won’t believe how incorporating discipline as part of your life can help you improve the quality of your life and sustain your happiness!



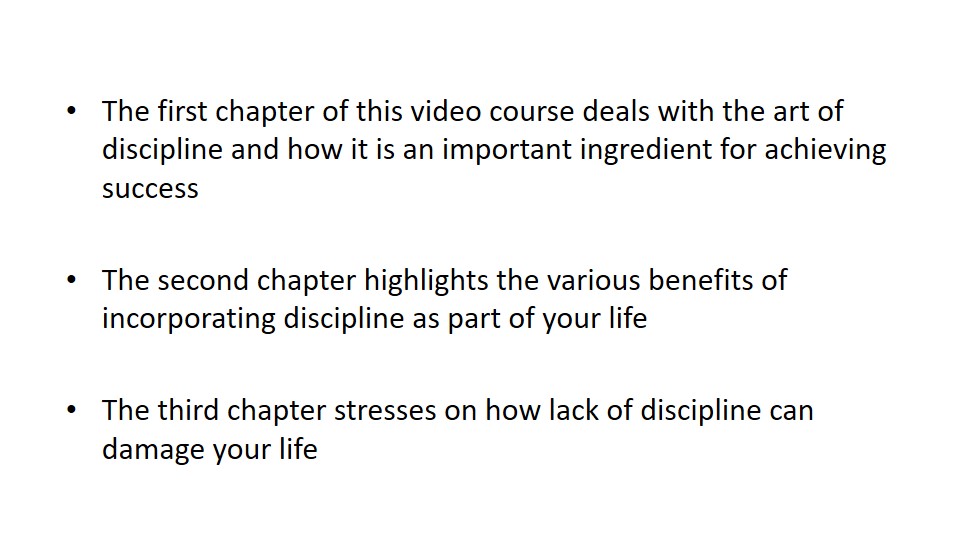
**S8:** I encourage you to not be immediately put off by the idea of adding some discipline to your life.



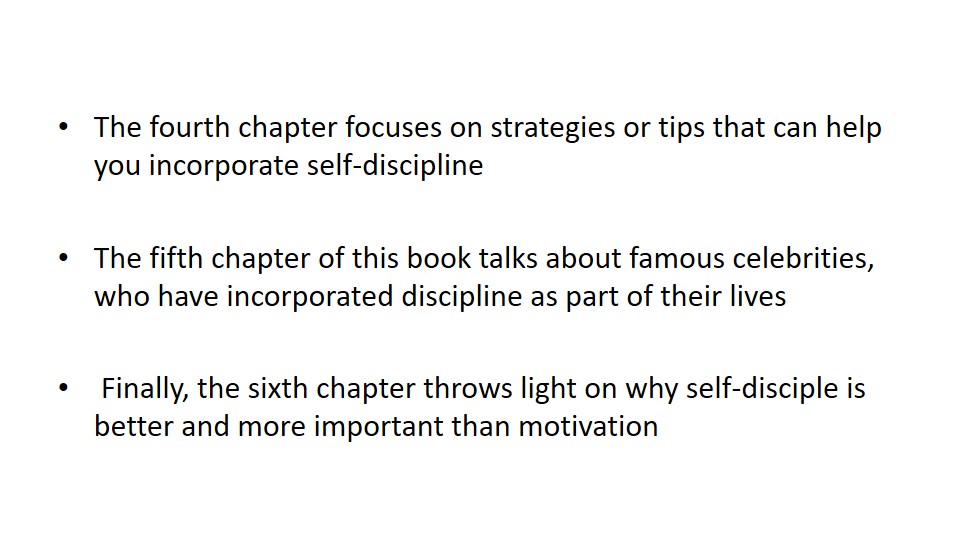
**S9:** I am sure that this video course will give you a fresh perspective on discipline and help you realize how it improves your life!



**S10:** Hence, I strongly urge you to stay patient until you finish this video course. Your patience will duly be rewarded!



**S11:** The first chapter of this video course deals with the art of discipline and how it is an important ingredient for achieving success. The second chapter highlights the various benefits of incorporating discipline as part of your life. The third chapter stresses on how lack of discipline can damage your life.



**S12:** The fourth chapter focuses on strategies or tips that can help you incorporate self-discipline. The fifth chapter of this book talks about famous celebrities, who have incorporated discipline as part of their lives. Finally, the sixth chapter throws light on why self-discipline is better and more important than motivation.