



How to Be More Patient: An Essential Guide to Replacing Impatience with Patience

Greg Soucheater

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If you tend to lack patience and are ready to start leading a more emotionally-balanced and successful life, then this book is for you!

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In today's culture of instant gratification where credit cards let you pay with money you don't yet have, where articles have to be short or you'll never read them, and where you spend more time deleting emails than you actually have for reading those you need to, patience has become a dying art. We've been trained to want something five minutes ago, though yesterday would be even better. Impatience has become ingrained in us. Problem is, this isn't working to our benefit. From a health perspective, impatience contributes to stress, high blood pressure, and premature aging, among other deleterious impacts. From a psychological standpoint, impatience leads to unnecessary risks and poor decisions. From a social point of view, being impatient is a guaranteed way of losing friends and making enemies. It simply isn't an attractive trait. But believe it or not, you have far greater control over your own character than you might be aware of, or that you probably care to admit. Fortunately, your mood, attitude, and knee jerk reactions are not set in stone. The impatience that you've learned can actually be unlearned. Even better, your bad habits can be replaced by good ones. It takes a little patience, of course, but I'm going to help you along the way. Let's get started!

Here Is A Preview Of What You'll Learn...

- Defining Patience
- Understanding What Patience Isn't
- Impatience and Its Benefits
- Taking Control through Mindful Awareness
- Quick and Easy Ways to Exercise Patience
- Being Patient with Yourself
- Much, much more!

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tags: how to develop patience, how to have more patience, how to become more patient, be more patient, developing patience, practicing patience, having patience, how to be less impatient, learning to be more patient

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Julie Gailey:

This How to Be More Patient: An Essential Guide to Replacing Impatience with Patience book is simply not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book will be information inside this guide incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This How to Be More Patient: An Essential Guide to Replacing Impatience with Patience without we comprehend teach the one who examining it become critical in thinking and analyzing. Don't always be worry How to Be More Patient: An Essential Guide to Replacing Impatience with Patience can bring when you are and not make your case space or bookshelves' turn out to be full because you can have it with your lovely laptop even mobile phone. This How to Be More Patient: An Essential Guide to Replacing Impatience with Patience having very good arrangement in word in addition to layout, so you will not sense uninterested in reading.

Irving Wile:

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Melissa Fanning:

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