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THE GREEN  
NOTEBOOK



THE PODCAST



*“If you’re not setting  
the standards,  
somebody else is.”*

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**RYAN HOLIDAY**

Author of *Discipline Is Destiny*

Bestselling author Ryan Holiday discusses his newest book [Discipline is Destiny: The Power of Self-Control](#). He makes the case that in a world where most things are literally at our fingertips, discipline becomes a virtue of great importance. It’s what helps us remain in check and avoid ruin, imbalance, dysfunction, or dependency.

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