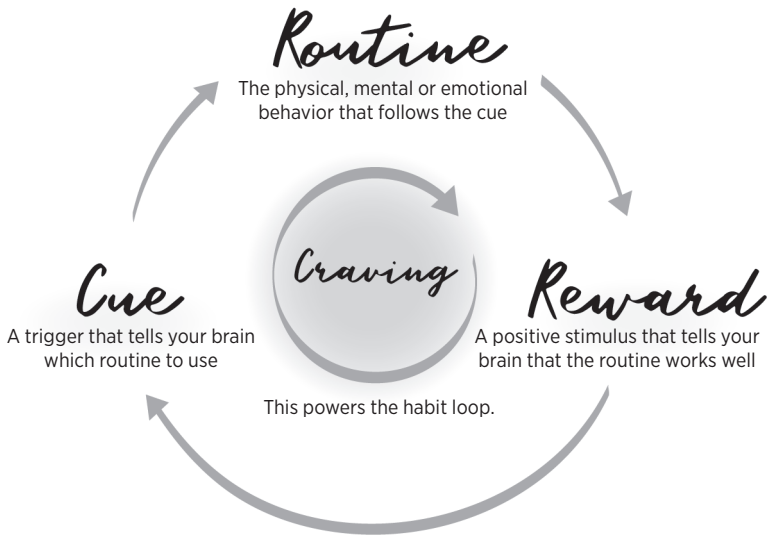


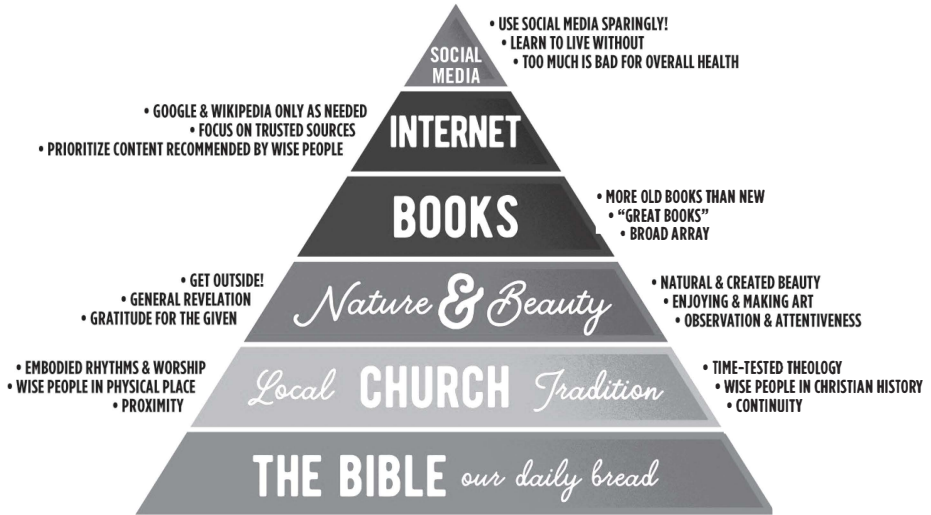
# **Your Future Self Will Thank You**

**Secrets to Self-Control  
from the Bible  
and Brain Science  
(A Guide for Sinners,  
Quitters, and Procrastinators)**

**DREW DYCK**



# Wisdom Pyramid



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15. Quoted in *The Westminster Collection of Christian Quotations: Over 6000 Quotations Arranged by Theme*, Compiled by Martin H. Manser (Louisville, KY: Westminster John Knox Press, 2001), 284.