

New Self-Improvement Book Teaches Practical Discipline for Mind, Body and Digital Life

CFDR framework delivers a structured approach to mindset, physical health, and digital habits

The CFDR handbook

2026 Edition

Your Where-To-Start Guide to Self-Improvement



Mental strength, physical health, and digital awareness – integrated

Perth, Western Australia Jan 22, 2026 (IssueWire.com) - DisciplineRewired.com Your Where-To-Start Guide to Self-Improvement launches this month, offering a practical framework to build discipline across mindset, physical health, and digital habits – without motivational clichés or unrealistic routines.

Created under the **CFDR (Cyber Fitness - Discipline Rewired)** framework, the book delivers a structured roadmap built on three core pillars: Mind, Body, and Digital. Rather than promising overnight transformation, it focuses on repeatable systems, realistic behaviour change, and long-term consistency.

The CFDR framework has been developed through years of applied practice in fitness, behavioural systems, and digital habit design, shaping tools meant to be used in real life – not just read once and forgotten.

Many self-improvement books overload readers with theory or sell unrealistic transformation promises. This guide takes a different approach – simple frameworks, clear actions, and practical tools designed to be used in real life, not just read once and forgotten.

The guide covers mindset and habit formation, goal-setting systems, strength and movement training, nutrition and recovery, digital distraction management, cybersecurity hygiene, and practical AI literacy – all presented in a grounded, real-world tone.

The book is designed for busy adults who want structure without extremes, and who are tired of restarting self-improvement cycles every few months. Each chapter builds toward sustainable routines rather than short-term motivation spikes.

Your Where-To-Start Guide to Self-Improvement is now available in paperback, hardcover, and Kindle editions on Amazon, with the Audiobook, supporting tools and resources at
<https://DisciplineRewired.com>

Book availability:

Amazon – <https://amazon.com>

Website – <https://DisciplineRewired.com>

About CFDR (Cyber Fitness - Discipline Rewired)

CFDR is a practical self-development framework aligning mindset, physical health, and digital behaviour. It provides books, tools, and resources designed to help people build quiet, consistent discipline in a high-distraction world.

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