

# How to be Disciplined Without Being Psychotic – Gabrielle Bernstein

A short video from Gabrielle Bernstein on how to find balance between being disciplined and going with the flow. “When we commit to creating positive change we can sometimes get a little psycho about it. I believe in discipline as long as it doesn’t become another reason to stress out. In this video I talk about how we can find the balance between being disciplined without being psychotic,” she says.