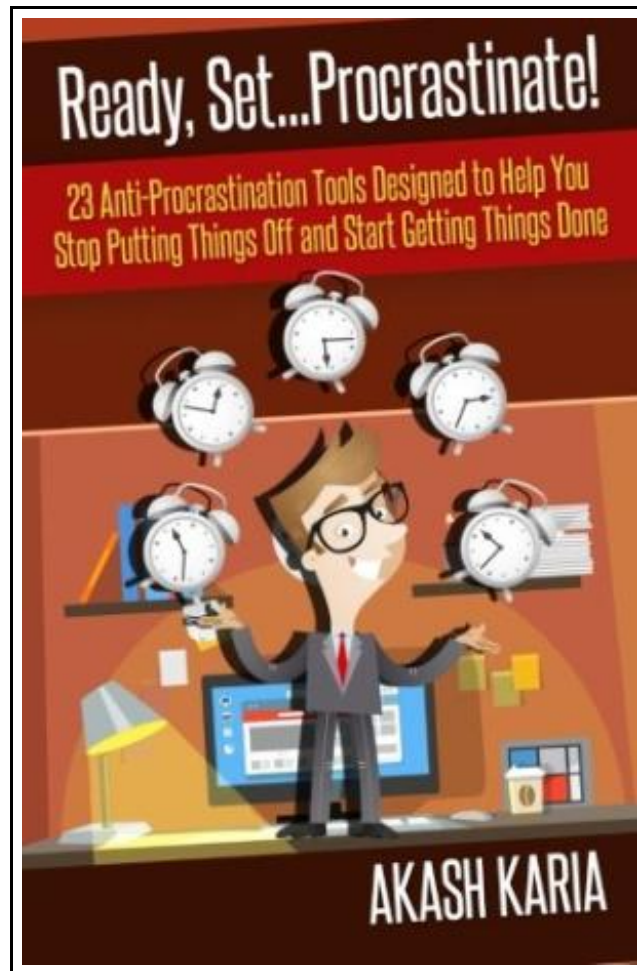


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READY, SET.PROCRASTINATE! 23 ANTI-PROCRASTINATION TOOLS DESIGNED TO HELP YOU STOP PUTTING THINGS OFF AND START GETTING THINGS DONE



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 212 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****. This is one book you should not delay reading! Provides clear, practical advice on how to overcome procrastination Gillian Findlay DISCOVER HOW TO STOP PROCRASTINATING START GETTING THINGS DONE Do you find yourself often putting things off till tomorrow ? That book you wanted to write? Tomorrow. That email you re supposed to send? Tomorrow. That project you said you d start yesterday? Tomorrow. Packed with twenty-three tools on how to stop procrastinating, get motivated and start getting things done, Ready, Set.Procrastinate! will prove to be an indispensable resource for those who want to get the most out life. Inside this book, you will learn how to: Tackle any task using the solar-flaring technique Trick yourself into working on any project using the five-minute technique Instantly increase your motivation using two simple words Beat procrastination using Dan Ariely s simple trick Create positive new habits using the Seinfeld calendar. Instantly eliminate disguised procrastination using the Pareto principle Use the if-then technique to triple your chances of success. Triple your productivity using a simple time-management technique and a kitchen timer And a lot, lot more. Great ideas to stop procrastinating LeAndria Corbett A great manual on how to improve your every day productivity Rosalinda Scalia Procrastinated all my life, until I opened this book Samuel Duffey ABOUT THE AUTHOR Akash Karia is a professional speaker who has trained over thirty thousand people worldwide, from bankers in Hong Kong to yoga teachers in Thailand to senior executives in Dubai. He is an award-winning trainer who has been ranked one of the Top 10 Speakers in Asia-Pacific. He is regularly sought-out by top businesses and governments for...

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