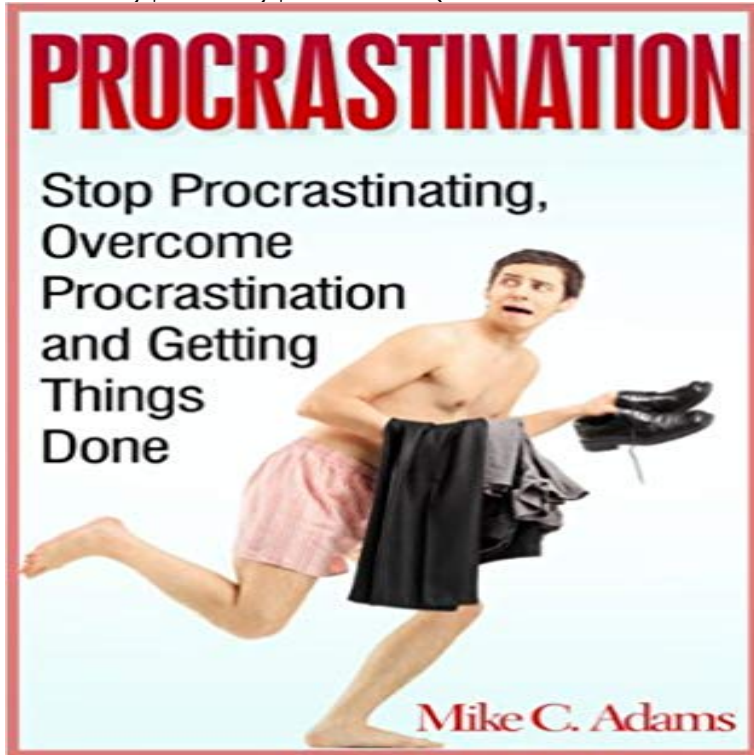


Procrastination - Stop Procrastinating, Overcome Procrastination and Getting Things Done (a Stress-Free Book)



Procrastination is a big problem for certain people. How to Stop Procrastination is a good book to read if you are serious about changing your ways and learning how to let go of the ways that hold you back. Procrastination is such a big issue for some people it literally paralyzes them from being able to accomplish what they need to accomplish each day. Procrastination can affect all areas of your life from your career, your family life, your relationships, and your ability to thrive. It can be a damper to your personality if you are chronic about it. Because procrastination causes problems for so many people, it needs addressing. If this is you, then you have taken a step by inquiring about this book, which promises to help you to identify and treat the issue. You will discover why people procrastinate in How to Stop Procrastination. When you make this discovery, you can easily figure out the path to make it stop. In addition to the why you will discover what negative effects that procrastination has on you and how it can affect all areas of your life. By knowing this you can move on to the tips, which will help to turn it around. The main part of this book is the thirty steps that show you how to overcome procrastination. You will find some steps that work with you to change your thinking and your attitude. We believe that a positive attitude along with positive thinking will help to overcome procrastination a lot faster. Some tips are physical requiring you to do physical things, like taking a break, goofing off, making a list, and so forth. It can be a fun process too; some of the tips are very enjoyable. Some are a little bit of work but the tips will help to build discipline.

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