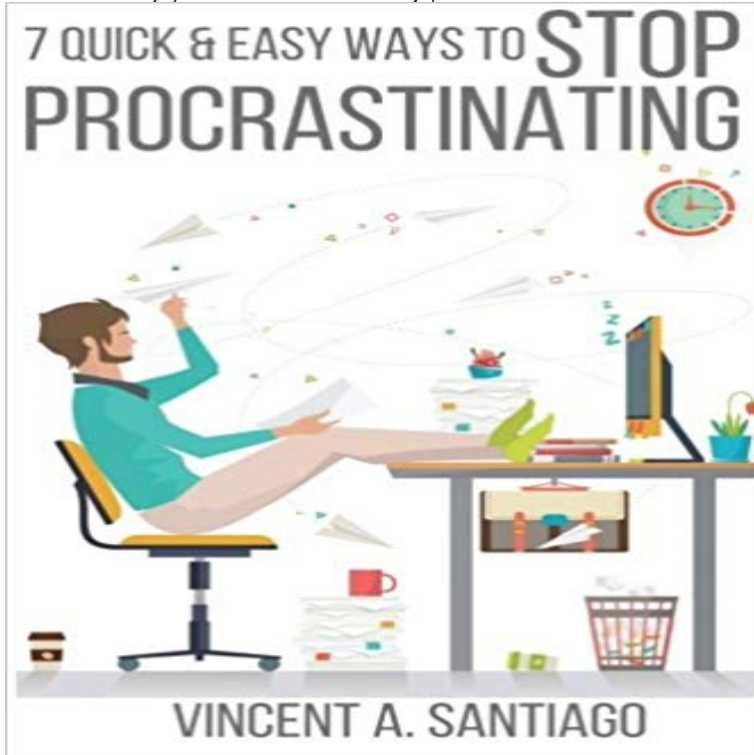


7 Quick & Easy Ways to Stop Procrastinating: Overcome Fear, Social Anxiety, Self Sabotage and Lack of Motivation



DISCOVER: the truth behind procrastination and learn right now how to stop it for good...Do you feel immobilized by fear or anxiety? Do you have the tendency to self-sabotage? Have you lost your sense of purpose and the motivation to reach your goals? Does the phrase 'I'll do it tomorrow' seem hauntingly familiar? If you answered yes to any of these questions, then the new book *7 Quick and Easy Ways to Stop Procrastinating: Overcome Fear, Social Anxiety, Self Sabotage and Lack of Motivation* is right up your alley. We've all been there. When work and life becomes unavoidably chaotic, when the pressures and the demands of ordinary tasks seem like too much, we all have the tendency to put things off. For some, procrastination can be a welcome break from the rigors of everyday demands. For others, it can become a crippling set of practices that destroy families, careers and lives. I'm very familiar with the patterns. In high school and college, the structure and routine of my studies helped dictate that the demands of tomorrow would be met today. In graduate school, however, the sudden freedom from deadlines and the absence of constraints placed upon my daily movement pushed me towards greater and greater procrastination. I couldn't start simple presentations, papers or research projects until hours before they were due. The rest of my time was spent browsing the internet for new top-ten lists and photo galleries. My inability to structure the demands of my profession are the single biggest reason why I crashed and burned. I needed help, but even the act of looking for solutions to my procrastination problem was an excuse to procrastinate. Like a dog chasing his tail. Luckily, you won't have to look far in the future, because there is a simpler alternative. *7 Quick and Easy Ways to Stop Procrastinating: Overcome Fear, Social Anxiety, Self Sabotage and Lack of Motivation* guides you through the problem

of procrastination while offering astonishingly simple solutions tailor-made for people like myself. This guide first identifies the root sources of procrastination and a description of the four types of procrastinators that will be familiar to all of us. Next, the book describes the consequences of procrastination, including the detrimental effects of procrastination upon families, careers and lives. In short, procrastination produces pain. Finally, 7 Quick and Easy Ways to Stop Procrastinating: Overcome Fear, Social Anxiety, Self Sabotage and Lack of Motivation offers a simple, seven step program to get you to stop procrastinating and become a productive member of society. Start by identifying your limitations and by linking pleasure to pain (the absence of pleasure). From there, 7 Quick and Easy Ways to Stop Procrastinating: Overcome Fear, Social Anxiety, Self Sabotage and Lack of Motivation describes how you can actively produce pleasure through enthusiasm, from the elimination of distractions, from a well ordered time management routine and from replacing old, destructive habits with new and productive ones. Finally, this powerful book invites you to take action through the 30 Day Procrastination Challenge. This amazing e-book will transform the way you look at productivity, and I guarantee the results to be positive for procrastinators far and wide. Don't put this off! Download 7 Quick and Easy Ways to Stop Procrastinating: Overcome Fear, Social Anxiety, Self Sabotage and Lack of Motivation today and change your life! Scroll to the top and hit the buy button.

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These self-sabotaging habits can lead to uncontrollable spirals of procrastination **7 Quick & Easy Ways to Stop Procrastinating: Overcome Fear, Social** Sellers Item Description: Title: 7 Quick & Easy Ways to Stop Procrastinating: Overcome Fear, Social Anxiety, Self Sabotage and Lack of Motivation Author: **10 Signs That You Might Have Fear of Failure Psychology Today** 7 Quick and Easy Ways to Stop Procrastinating: Overcome Fear, Social Anxiety, Self Sabotage and Lack of Motivation (The Ultimate Transformational Guide **7 Quick and Easy Ways to Stop Procrastinating: Overcome Fear** 7 Quick and Easy Ways to Stop Procrastinating: Overcome Fear, Social Anxiety, Self Sabotage and Lack of Motivation (The Ultimate Transformational Guide **7 Quick and Easy Ways to Stop Procrastinating: Overcome Fear** 7 Quick Easy Ways to Stop Procrastinating: Overcome. Fear, Social Anxiety, Self Sabotage and Lack of. Motivation (Paperback). Filesize: 1.97 MB. 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