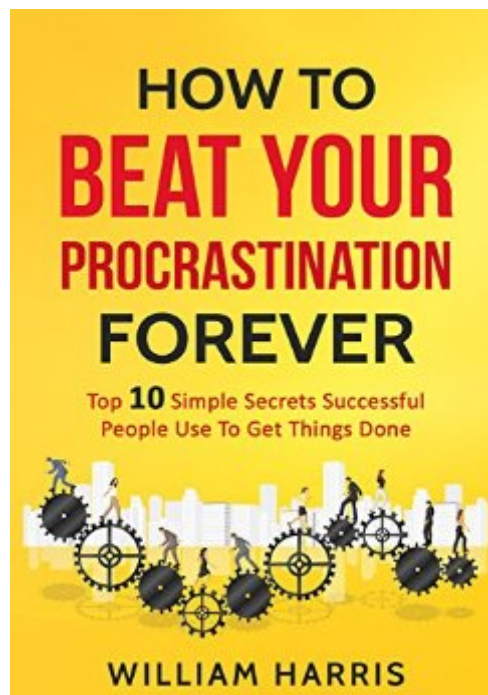


The book was found

How To Beat Your Procrastination Forever: Top 10 Simple Secrets Successful People Use To Get Things Done (Success Mindsets)



Synopsis

Discover Best 10 Secrets Successful People Use To Get Things Done No Fluff And Rambling, Just Pure Actionable Takeaways! Value since the very first pages. You have an important deadline looming, you have tons of work that you have not even touched yet, and you have a scheduled presentation in a few hours? Use our techniques tested globally: Secret #1: Break down your tasks. Secret #2: Battle your distractions. Secret #3: Stop looking for the "perfect". Secret #4: Clearly identify what you want to achieve. Secret #5: Create a specific, time-bound to-do list. Secret #6: Be mindful of your environment. Secret #7: Be with the right kind of people. Secret #8: Have a second morning. Secret #9: Begin with your most dreaded tasks. Secret #10: Remind yourself that you can also chill. Pick up your copy today by clicking the BUY NOW button at the top of this page!

Book Information

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Customer Reviews

I am one of the people who use the word "later" so often. I know it's not a good habit and I can never be productive by delaying things that I can already do right away. But this very helpful book had just changed my way of thinking. The techniques are really amazing and I can say that they are so practical. Absolutely doable!

I have been a lifelong procrastinator and it has caused a lot of unneeded stress and anxiety in my life. This book provides helpful explanations and tips to stop procrastinating. I realized that the main cause of my procrastination is my perfectionism. This book covers that and talks about changing your mindset to overcome this. Another thing that I do is put off my hardest tasks until I absolutely need to do them. This book suggests getting the hardest tasks done first when you have the most energy and will power reserves. It really makes a lot of sense and think it will help my stress drastically if I can implement this. The second strategy that I plan to take from this book is the idea of a "second morning". I struggle to be productive in the afternoons and this strategy helps you turn the afternoon into a "second" morning. I thought this was an interesting concept and am eager to see if it will work for me!

I'm a huge perfectionist and probably to the point of OCD as the author describes. If everything is not perfect then everything else comes to a screeching halt which is obviously terrible for my productivity. It's tough to let go of it but this book does help a bit by saying that not everyone expects or cares about it, and the biggest difference will only be to you. Also, that the goal is really just to complete something primarily.

This book is like a breeze of fresh air. In today modern works there are tons of distractions on every corner: smartphones, internet, social media etc. This book teaches you 10 simple steps of how to get rid of that procrastination once and for all. I liked the chapter about second morning most. It's a new term for me, that I haven't heard before, will definately try to put it into practice.

These principles are golden. I found some of them to be timeless (but reminders are always useful) whereas a lot of them were new to me, but all are useful. William Harris writes in an engaging and motivational way which gets you in the mood to use his advice. Very helpful and I really learned a lot about productivity and what I can be doing.

It is true that procrastination can cause family problems when families put off spending time with one another because they don't feel like it. Procrastination can stem from hardships and events in our life. Procrastination can also be caused by different types of mental illnesses like anxiety, depression, post-traumatic stress disorder, obsessive-compulsive disorder along with other types of feelings like low self-esteem and self-worth. Procrastination can stem from all these things, but it

can also make these behaviors and feelings significantly worse.

I, like most people, has been a victim of procrastination and I normally end up with emotional breakdowns when I realize I missed some duties, I have a huge pile of work or I already missed deadlines. When I saw this book I was impressed with the outline of what it would address Secrets 2 and 4 have been of great help since my greatest problem falls in failing to get past my distractions and lack of a clear-cut outline of what I want to achieve. So far I have implemented the 1st five secrets and I can already see the difference.

Procrastination is the problem of most people today especially now as there is social media to run to instead of doing the task at hand. I, too, struggle with procrastination and in this book I found very helpful strategies to fight it. I learned that our minds are wired to get distracted by distractions and this book gives me insights about how to deal with it. Overall, I highly recommend this book if you have a procrastination problem like me!

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