



Overcoming Procrastination: Proven Strategies on How to Improve Focus, Get Things Done and Achieve Your Goal (Paperback)

By Smart Reads

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In this book, you will learn some of the key concepts related to procrastination, such as: -Understanding the different types of procrastinators - Figuring out the reasons why people procrastinate -The cost you will have to pay for making procrastination a habit -The steps that you must take to overcome procrastination -Prioritizing the main tasks in your life -And much more! This is book contains simple, easy to read, and practical steps you can take right now in order to not just know what kind of procrastinator you are, but also how to put an end to procrastination in your life. Most people aren t serious about beating procrastination because they enjoy the instant gratification that comes with wasting time on unimportant things. This book will show you how to take back control of your life. You may think you are not a procrastinator, but everybody has room for improvement when it comes to achieving their goals. If you have been waiting for a book that can help you become more focused, productive, and efficient, then grab a copy of this..



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Reviews

Absolutely one of the best book I have ever study. It is actually writter in simple terms rather than confusing. I realized this pdf from my dad and i suggested this pdf to understand.

-- **Garry Quigley**

A very awesome publication with perfect and lucid information. It is probably the most awesome book i have read. You may like how the author publish this pdf.

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