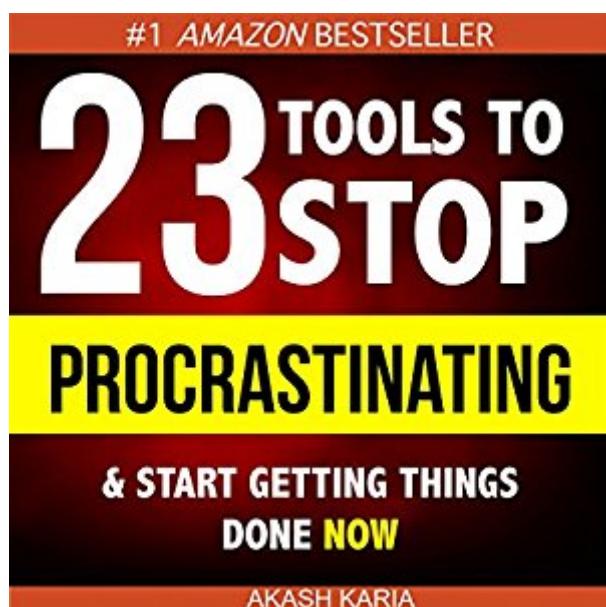


The book was found

Ready, Set...PROCRASTINATE!: 23 Anti-Procrastination Tools Designed To Help You Stop Putting Things Off And Start Getting Things Done



Synopsis

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 23 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.DEVELOP THE "NOW" HABIT If you want to stop dreaming and start doing, you must develop the "now" habit. This book will show you how to do just that. In it, you will learn how to: Tackle any task using the solar-flaring technique. Complete large, complex tasks using the Lego block technique. Trick yourself into working on any project using the five-minute technique. Eliminate procrastinator-talk using a simple eight-step method. Instantly increase your motivation using two simple words.

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