



## Finish What You Start: The Art of Following Through, Taking Action, Executing, & Self-Discipline (Paperback)

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By Peter Hollins

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Practical tactics to grow your willpower, stop procrastination, focus like a laser, and achieve whatever you set your mind to. Following through and finishing what you start- more valuable skills than you realize. They are a combination of traits that enables you to create the life you want - without having to compromise or wait. The alternative is a status quo that you're stuck in. Is your life a series of unfinished tasks and intentions? That stops now. Finish What You Start is a unique deep dive into the psychology and science of accomplishment, productivity, and getting things done. It takes a thorough look why we are sometimes stuck, and gives detailed, step by step solutions you can start using today. Every phase of finishing and following through is covered, and even productivity pros will be able to learn something new. Above all else, this is a guide to understanding your brain and instincts better for optimal results. Channel massive productivity and mental toughness. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has...



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