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I should clarify here: it should be clear by now that it's not rewards in the abstract that demotivate us, it's rewards that are external to the task at hand.

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The 100 Best Personal Development Books Planet of Success

The research resulted in a massive list of self-help books. We then went on to narrow the list down based on a variety of criteria. By doing so, we truly separated the wheat from the chaff.

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Getting Things Done The Art of Stress Free Productivity

In today's world, yesterday's methods just don't work. In Getting Things Done, veteran coach and management consultant David Allen shares the breakthrough methods for stress-free performance that he has introduced to tens of thousands of people across the country. Allen's premise is simple: our productivity is directly proportional

to our ability to relax.

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Time management Wikipedia

Allen, David (2001). Getting things done: the Art of Stress-Free Productivity. New York: Viking. ISBN 978-0-670-88906-8.; Fiore, Neil A (2006). The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt- Free Play.

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Prokrastinacija Wikipedija prosta enciklopedija

Prokrastinacija (odla anje, zavla evanje, latinsko pr cr stin re: pr -, naprej + cr stinus, jutri (iz cr s, jutri)) je vedenje, pri katerem izvajamo manj nujne naloge namesto bolj nujnih oz. izvajamo bolj prijetne namesto manj prijetnih nalog. Posledi no sicer neizogibne opravke odla amo vse do zadnjega trenutka. Princip u itka je eden od mo nih dejavnikov prokrastinacije; saj se

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