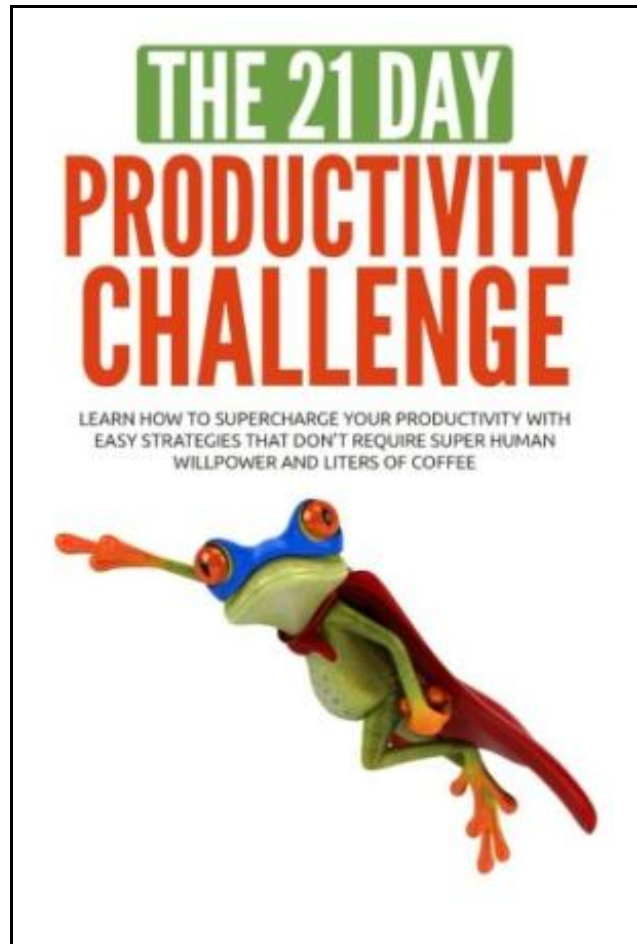


The 21-Day Productivity Challenge: Learn How to Supercharge Your Productivity with Easy Strategies That Don't Require Superhuman Willpower and Liters of Coffee



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(Dr. Porter Mitchell)

THE 21-DAY PRODUCTIVITY CHALLENGE: LEARN HOW TO SUPERCHARGE YOUR PRODUCTIVITY WITH EASY STRATEGIES THAT DON T REQUIRE SUPERHUMAN WILLPOWER AND LITERS OF COFFEE



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The 21-Day Productivity Challenge, the third book in the 21-Day Challenge series! Are you tired of being unproductive, of wasting so much time on distractions you don t even enjoy, of always putting things off until the last minute? Are you ready to go from procrastination to productivity, to stay energized and focused throughout the day, to feel that satisfying sense of accomplishment at the end of the day? Time is no less than your actual life, and yet it s so easy to throw it away on junk TV, on mindless Internet surfing or procrastinating with things we want to do and know we should do. A productive person doesn t have any more time in their day than you do, and they certainly aren t busier than you are. The main difference is focus. A productive person has a way to cut through life s clutter and nonsense and make sure that most of their efforts go to the good stuff - fulfilling work, relationships, self improvement .anything they value, really. Productivity isn t about becoming a super-efficient superhuman (although, if that s your goal - great!) but rather making more efficient use of the resources and skills you already have. In this book, we re not going to be doing any magic tricks. No quick fixes here. But what we will be doing is becoming more aware of time and how to use it smartly, managing energy and resources, finding out true priorities and dealing with procrastination and laziness once and for all. The 21-Day Productivity Challenge will help you to: Recognize and deal with your biggest time wasters Incorporate easy healthy...

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