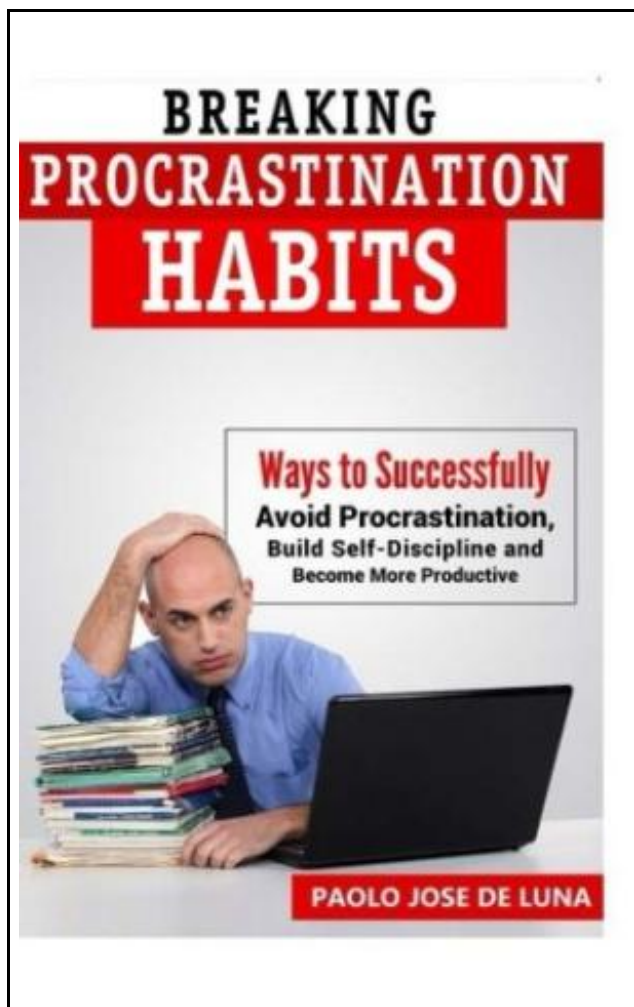


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you feel burdened in your everyday life? Did you feel excited about doing some tasks but later on find yourself stuck procrastinating? In this book you will learn how to free yourself of procrastination and become even more efficient and productive in all your endeavors in life, whether it is school-related, work related, or even in your relationships. Procrastination is no laughing matter, especially when it already affects everything you do and hinders you from successfully achieving your full potential. To help you, this book contains helpful and useful information on the true nature of procrastination and how to overcome it. In Chapter 1, you will get to know more about it and the reason why a lot of people easily fall into this. In Chapter 2, you will learn about the negative effects of procrastination. Chapter 3 will provide you with helpful ways and techniques on how to effectively conquer it. Chapter 4 contains more of these methods. In Chapter 5, you will be introduced to some of the most effective exercises that you can easily follow to build discipline in you. And lastly, Chapter 6 will give you extra tips to bear in mind to become more productive in all your activities.



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