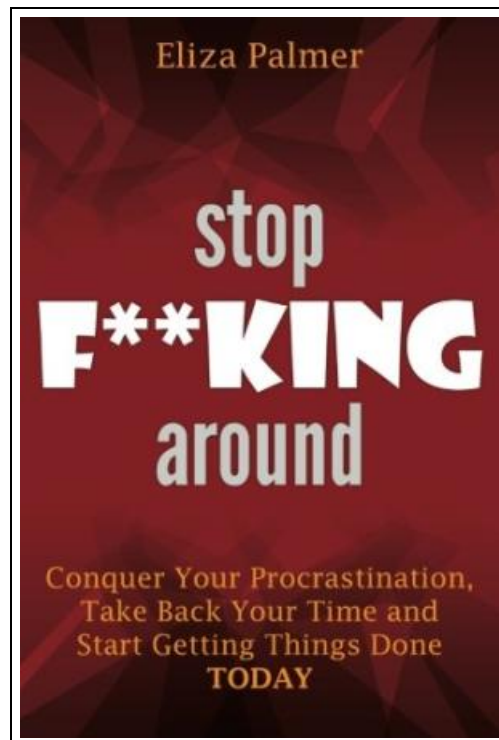


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you transforming into a chronic procrastinator? Have you turned down a task simply because you did not feel like it? What if you wake up tomorrow and find out that you've made the biggest mistake of your life because you said not now? GET THINGS DONE! This new book is your way out! At present, 25 of the global population consists of procrastinators. If you look at it from a perspective, this is indeed a big portion. Procrastination is also one of the effects behind several mental and behavioral disorders, from perfectionist traits to Attention Deficit Hyperactivity disorders that lead scientists, psychologists and other experts to consider on the many solutions to conquer past this very high-risk habit. Don't be discouraged. This helpful new guide, Stop F**king Around, will help procrastinators realize the faults they need to correct, and start creating goals to motivate them to reach success. Eliza Palmer, a successful author and lecturer on social psychology and human behavior, will be your mentor. Stop F**king Around will provide you many tips on how to flush down poor procrastination inclinations and become a winner at school, work, and society in general: The defining traits of a procrastinator (includes mental and behavioral disorders behind procrastination) Procrastination and its underlying fears (know if you fear failure or you fear success) How routine can influence people (understanding procrastination pattern) Setting forth and succeeding goals (how to create and realize objectives) 5 Easy Steps and beat procrastination (using the power of the body and the mind, and scientific findings) Tips to beat procrastination at work Resolving procrastination through the power of productivity (from a procrastinator to a...



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