

Ready Set Procrastinate 23 Techniques To Stop Procrastinating Get More Done Achieve Your Biggest Goals

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~~Packed with twenty-three tools on how to stop procrastinating, get motivated and get more done in less time, Ready, Set...Procrastinate! will prove to be an indispensable resource for those who want to get the most out of life. How to~~

~~Develop the Now Habit If you want to stop dreaming and start doing, you must develop the “ now ” habit.~~

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I love the techniques used in this book to overcome procrastination, especially the 5 min technique. But more importantly by monitoring my inner dialogue as the author said I have noticed that i've been procrastinating much more than I thought. As soon as that happens I use the techniques that I have learnt.

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Ready, Set...PROCRASTINATE! 23 Anti-Procrastination Tools Designed to Help You Stop Putting Things Off and Start Getting Things Done book. Read 8 reviews...

Overhaul your approach to concentration and productivity using strategic, science-proven methods to save hours a day and achieve twice as much. Your current focus and productivity tactics might be “adequate.” But they will never be great or reach their potential if you don’t understand how your psychology and physiology work together to affect your focus. Short circuit your brain into instant focus. The Science of Powerful Focus looks at focus in a revolutionary new way, and sheds light on studies both new and old that lead to the path of massive productivity and conquering of goals. It is a holistic view of how focus can be tackled from every angle of a person’s life. Other books will tell you to simply ditch your phone, stop multi-tasking, and sleep more. Is that really helpful information, or is it just common sense? Here, even the concept of focus is re-defined, and you will learn a plethora of actionable ways to integrate science into your daily life. Clear your mind, sit, and grind. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Defeat distractions and get “into the zone” on command.

- Master the foundations of discipline and willpower.
- Set goals that are inevitable.
- The biological basis behind procrastination.
- Managing energy, your circadian rhythm, and nature’s schedule. Stop procrastinating and do more in half the time.
- How to effectively “single-task.”
- How to prime your mental engine.
- To-do lists, priority lists, don’t do lists, and all you need to keep you accountable and on track. Master your focus, master your life.

Discover the REAL reason you struggle to reach your goals and EXACTLY how to fix it. Science says 92% of people who set a goal never achieve it. We all procrastinate, sometimes it's the trivial things, but usually it's the important ones like finishing that work report, doing the laundry, finally going to the gym. Procrastinators always have a creative reason why today, now, just isn't the right time. Too stressed, too broke, too busy, too risky, too old, too young. Most of the time these are simply lies used to delay tasks and escape the emotional discomfort we all experience when making meaningful changes in our lives. "The truth is, procrastinators are made, not born as you've been led to believe"

Procrastination is a lifestyle, a bad habit we tend to learn indirectly, usually in response to an authoritarian parenting style. In fact, scientists have discovered that when we form habits we actually slightly change our brains and consequently our behavior. The good news is that with the right scientific tactics everyone can take control of this process, set achievable goals, and create good habits to live a happier life. The method described in this book is a definitive STEP-BY-STEP GUIDE that has already changed the life of many people and has helped them stop procrastinating, manage time better and reach their goals. You'll discover how to automate your actions and form new habits leveraging the power of repetition. Forget spending your time thinking about what you should be doing, and start doing it! You'll learn: 4 practical ways to stop procrastinating How to set goals and stick to them The difference between "important" and "urgent" (Most people don't know this) 6 ways for effective time management Exactly how to act in every time-wasting situation Why S.M.A.R.T.+ goals are important and how to use them Clever tricks for goal setting and action planning And much more Free Bonus download included: One Easy Technique To Master Time And Reach Your Goals For a limited time, download this book for \$2.99 (regularly \$6.99) Stop procrastinating now! Scroll up to the top and click BUY NOW! What others are saying: Practical, effective, easy to apply - Mark T. It was like the author was following me around my whole life and knew the exact reasons I don't get things done. - Carol D. I believe the method described here is so simple that anyone can see results in almost 10 days as the book promises, I think everyone should read it - Kelly M. You really CAN stop procrastinating Scroll to the top and select BUY NOW! Tags: how to stop procrastinating, getting things done, how to stop being lazy, procrastination cure, procrastination self help, how to set goals, being productive, productive habits, productive patterns for success, productivity tips, make the most of your time, self-improvement, time management, organizing priorities

LEARN:: How to Stop Procrastinating and Forever Eliminate Your Lazy Habits Do you struggle with completing projects or specific tasks? We'd all like to get things done and become more productive. But what often happens is we put off important tasks and let them slip through the cracks. The end result? We get overwhelmed by the amount of things to do. In other words, "procrastination" causes you to feel stressed when you're not completing tasks in a systematic manner. The solution is simple: Develop an "anti-procrastination mindset" where you take action on a daily basis and NEVER get overwhelmed by your to-do list. **RIGHT NOW::** Develop "Anti-Procrastination Habits" to Get Immediate Results! It's not that hard to stop procrastinating. Really, all you have to do is form the same habits used by countless successful people and make them part of your routine. While these people often have the same fears and limitations as you,

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they're able to take consistent action because they've trained themselves to do so. In the book "23 Anti-Procrastination Habits", you will discover a catalog of ideas to help you overcome procrastination on a daily basis. Whereas many books provide a simple list of tips, you'll learn why a specific strategy works, what limiting belief it eliminates and how it can be immediately applied to your life. In short, you will learn the root causes of your procrastination and how to overcome them. **DOWNLOAD:: 23 Anti-Procrastination Habits - How to Stop Being Lazy and Get Results in Your Life**"23 Anti-Procrastination Habits" contains a step-by-step blueprint of how to identify and conquer those lazy feelings. You will learn how to: Single-handle your way to overcoming the overwhelm. (APH #8) Identify what's REALLY important in your life and then happily ignore everything else. (APH #1) Say "NO" to pointless tasks without angering your boss, friends or loved ones. (APH #11) Start your day by completing your most important projects. (APH #13) Take action on a task -- even when you're not in the mood to do it. (APH #17) Break down VERY challenging projects into an easy-to-follow blueprint. (APH #5) Organize your life so you're not buried in paperwork or your to-do list. (APH #4) Complete daily tasks, quickly and easily with a simple time-management technique. (APH #15) Get motivated when you don't feel like working on a goal. (APH #20) You don't have to be controlled by procrastination. You can overcome it by forming a few habits that spur you into taking action. Would You Like To Know More? Download and stop your procrastinating ways today. Scroll to the top of the page and select the buy button.

Almost everyone procrastinates. For some it causes problems and strains relationships at home and at work. For most people, though, procrastination is a frustrating or troublesome habit we would like to overcome. Rita Emmett will inspire you to get started. With humor and with advice drawn from her own triumph over procrastination and that of people she has met at her acclaimed seminars, she gives you proven tips and techniques for: - identifying how and why you put things off - motivating yourself to begin-and finish-unpleasant tasks - organizing your time and efforts to achieve your goals - developing strategies to move forward when stuck or reverting to old procrastination patterns Filled with useful advice and real-life stories of people who have overcome procrastination, and written with a winning touch, The Procrastinator's Handbook is as entertaining as it is helpful and rewarding. After reading it, you'll find that your self-esteem and your productivity grow.

DON'T WAIT TO READ THIS BOOK: The world's leading expert on procrastination uses his groundbreaking research to offer understanding on a matter that bedevils us all. Writing with humour, humanity and solid scientific information reminiscent of *Stumbling on Happiness* and *Freakonomics*, Piers Steel explains why we knowingly and willingly put off a course of action despite recognizing we'll be worse off for it. For those who surf the Web instead of finishing overdue assignments, who always say diets start tomorrow, who stay up late watching TV to put off going to sleep, The Procrastination Equation explains why we do what we do — or in this case don't — and why in Western societies we're in the midst of an escalating procrastination epidemic. Dr. Piers Steel takes on the myths and misunderstandings behind procrastination and motivation — showing us how procrastination affects our lives, health, careers and happiness and what we can do about it. With accessible prose and the benefits of new scientific research, he provides insight into why we procrastinate even though the result is that we are less happy, healthy, even wealthy. Who procrastinates and why? How many ways, big and small, do we procrastinate? How can we stop doing it? The reasons are part cultural, part psychological, part biological. And, with a million new ways to distract ourselves in the digitized world — all of which feed on our built-in impulsiveness — more of us are potentially damaging ourselves by putting things off. But Steel not only analyzes the factors that weigh us down but the things that motivate us — including understanding the value of procrastination.

"It ' s hard to break the procrastination cycle unless you know why you do it and what steps you need to take to solve the problem. **STOP WASTING TIME** shows you the way. It ' s your complete, action-focused, procrastination-ending guide. Up-to-the-minute research helps you understand the causes of procrastination and identify your personal procrastination style. Structured and results-oriented steps take you on your journey to increased motivation and productivity."...amazon.com

ALLEN/GETTING THINGS DONE

Why do you act the way you do? Do you ever feel like you get stuck in destructive cycles that hold you back from living the life you really want? In a dynamic, compelling and aha-filled journey, *Stop Doing That Sh*t* helps you connect the dots of your “ stuff ” all the way from your past to the present. You ' ll make sense of yourself as you uncover how to interrupt those destructive cycles of yours and make the kind of profound shift needed to get your life on track. If you can ' t save money, if you keep ending up in the same types of toxic relationships, if you feel unloved, don ' t fit in, not enough or any one of the myriad of ways that a human being trashes an otherwise good life, this is the book for you. Written in the same irreverent, in-your-face style that resonated with the hundreds of thousand of fans who read *Unfu*k Yourself*, *Stop Doing that Sh*t* skillfully reveals our deepest subconscious machinery, with a real-world approach to powerfully translate our most negative thoughts and behaviors into a vitalizing, sabotage-free future. “ Stop indulging yourself with fantasies and dramas and unresolved issues. Wake the hell up! ” Bishop writes. Look, you might have fu*ked up in the past, so what? *Stop Doing That Sh*t* reveals how you can break free of those deep-seated patterns to live the life you always knew you wanted but could never quite seem to have. As Bishop says, “ The future has arrived. Now what the hell are you going to do about it? ”

Every idea in this book is focused on increasing your overall levels of productivity, performance, and output and on making you more valuable in whatever you do. You can apply many of these ideas to your personal life as well. Each of these twenty-one methods and techniques is complete in itself. All are necessary. One strategy might be effective in one situation and another might apply to another task. All together, these twenty-one ideas represent a smorgasbord of personal effectiveness techniques that you can use at any time, in any order or sequence that makes sense to you at the moment. The key to success is action. These principles work to bring about fast, predictable improvements in performance and results. The faster you learn and apply them, the faster you will move ahead in your career - guaranteed! There will be no limit to what you can accomplish when you learn how to Eat That Frog!

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