

Procrastination: How To Eliminate Procrastination And Be Disciplined, Stop Wasting Your Time And Be A Productive Person For Life (How To Overcome Cure, Self Help, Motivation)

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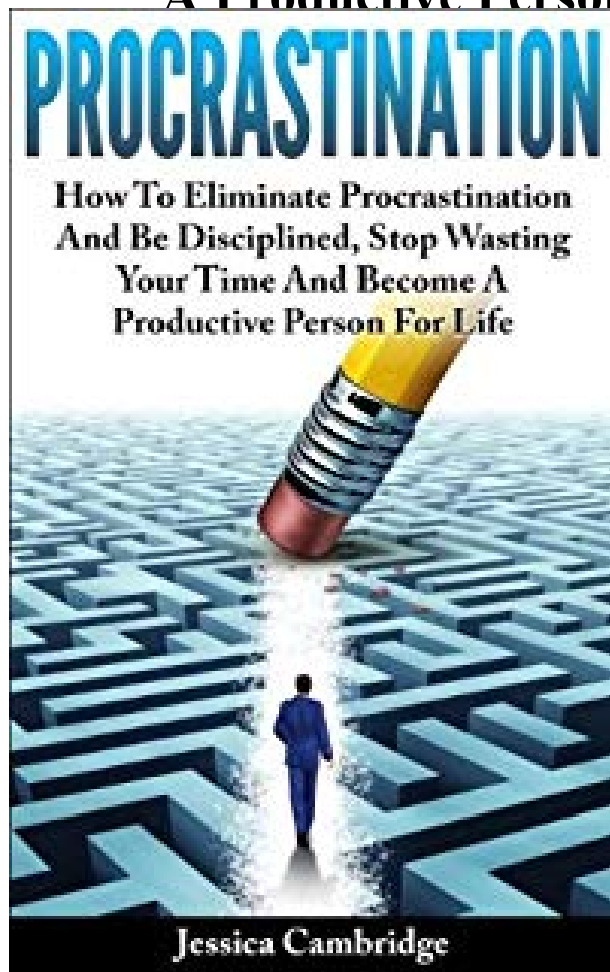
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A Proven, Step-By-Step System To Eliminate Procrastination And Be Disciplined, Stop Wasting Your Time And Be A Productive Person For Life Today only, get Procrastination: How To Eliminate Procrastination And Be Disciplined, Stop Wasting Your Time And Be A Productive Person For Life This book contains steps and strategies which aim to help a person eliminate habits leading to procrastination. It also tackles when and how procrastination starts. It mentions situations, habits, and choices made early on, that are clear signs to becoming a procrastinator. Included in the third chapter is a set of questions involving daily activities. Read it and see if you often find yourself in such situations. Admit it or not, the types of procrastinators mentioned here are all too familiar to you. See what type of procrastinator are you. Often, people ask themselves, “Why do I procrastinate?” when there’s enough time given to finish the task or project. You’ll be surprised to know why people procrastinate – to some it’s a form of escape, to other’s it involves fear. Read on and see where

your procrastination habits come from. Lastly, the advices and to-do list found in the later chapter, aims to help people overcome their procrastinating habits and improve their life. Remember that nothing happens overnight, so take small steps and make it part of your daily routine. Don't worry. The first step every procrastinator has to make is to admit that they are one and that they need help. The acceptance and the willingness to change are key factors to make things work. This book doesn't aim to make you feel bad; instead it wants to help you overcome procrastination, to encourage you to be more productive and positive in life! Take time reading the chapters, enjoy, and do implement them. Start with small changes, which will change to your way of life. Procrastination in its Simplest Form Procrastination is known as avoidance behavior. Tasks and responsibilities are postponed. Things that need attention are put on hold. Procrastinators delay the action needed to accomplish their tasks. They wait until the last-minute before they start or do something. As a result, there are times when they fail to meet deadlines or they submit late. They will always delay what can be done at present and choose to do it later. It starts early, unconsciously during a one's childhood. Try to recall, how your studying habits was back then? Do you often think that there's more time only to realize that you have underestimated time and end up cramming. Regard of the importance of a task, you always take it lightly and deal with it at a later time. Try looking at your home, is it organized or is it in chaos? Do you have difficulty putting things back to where you took them? How does your closet look like? Are the clothes neatly folded or is it all mixed up? There is a good chance that you have said the words "later" more often than you should. Maybe, it's time to analyze such habits and patterns seriously. They might be signs all along that procrastination has been negatively affecting your life. Don't procrastinate in changing your habits. Now is the best time to put things in order! Here Is A Preview Of What You'll Learn...

Procrastination in its Simplest Form How it Develops Procrastinator Quiz What Type of Procrastinator Are You? Why People Procrastinate? Chain-effect Say Goodbye to