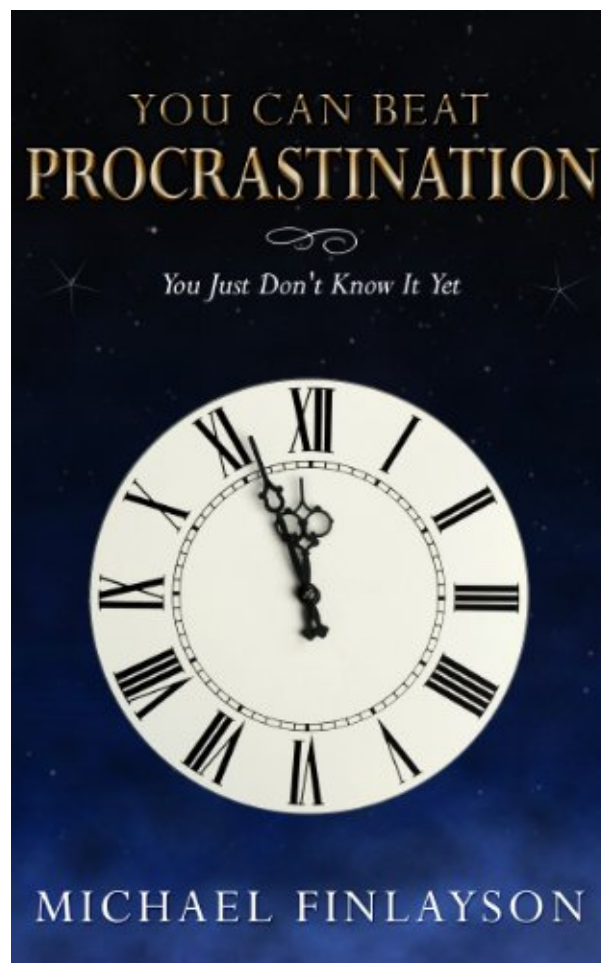


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You Can Beat Procrastination

“Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday.”

Napoleon Hill

PLEASE TAKE NOTE!!! There is no one strategy, there is no universal panacea, there is no one size fits all cure for your procrastination, it's impossible, and I'm glad that it is otherwise we would all think the same, and that would make for a dull and boring world.

What I and anyone else who has written about procrastination can do is to give you the tools which can help you to regain control of your life, but ultimately the will to change has to come from inside of you.

Procrastination is a vile, filthy thing that steal our most precious resource, time. Every moment that we lose a moment that is lost to us for all time, but you can change.

The mind is an incredible thing, when it works against us it can drag us down, but when we make it work for us then anything is possible.

Always remember that you own your mind, it does NOT own you.

What I really hate about procrastination is that we all know, that at some point, whether we like it or not, that we're going to have to get stuck into whatever we've been procrastinating. Instead of doing what needs to be done we fill our time with pointless minutiae, and yes that might make us look busy, but it doesn't move us forward, it's almost as if you're stuck in time until you can deal with your tasks. Now I admit that procrastination might not be such an issue if you're avoiding something at home, but it's a different story if you procrastinate at work.

Procrastination isn't a physical thing, it's in your mind, so in order to defeat it we need to address issues such as your self-esteem, willpower, motivation and assertiveness.

I have included a series of exercises through the book so that you can personalize the training to your specific situation and needs.

Benefits of "You Can Beat Procrastination"

- Learn to understand procrastination
- Understand your strengths and weaknesses
- Deal with you assertiveness and self-esteem
- Deal with your negativity
- Boost your willpower and motivation

And much more...

What my readers have said...

"I am an author that has written many times on procrastination and this book nails it right on the mark. I follow this author because he is good and his writing is concise. He never disappoints his readers. Kudos on this one Michael!!!" Leland D. Benton

"I especially like the way he asks so many questions. This really makes the reader think and I know I spent some uncomfortable moments evaluating myself and my habits. If you treat what he teaches seriously, I know you can change. I know I have." James Hoag

"I found this book to be very insightful, and I believe that anyone who is struggling to find the motivation to get the things that they know they should get done, actually done, would benefit from reading it." Annie Rogers

Take Action Today

If you have a problem then you need to deal with it, the longer you take the worse it will get. If you want to change then you have to take action, and you have to want to change. So scroll up to the buy button and start creating some real forward momentum in your life. Good Luck.

"Don't wait. The time will never be just right."

Napoleon Hill

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16 of 16 people found the following review helpful.

If you Can't Beat Procrastination After This You Never Will!

By Book Reviewer

A detailed guide on how to overcome procrastination and achieve more every day. The author explains why we procrastinate and what to do about it.

This is not some superficial information on setting up a to do list. The author goes into detail about the common causes of procrastination such as self esteem issues, negative thinking and stress and how they affect our ability to get things done. Recommended.

13 of 13 people found the following review helpful.

the PERFECT personal resource...

By Leland D. Benton

I am an author that has written many times on procrastination and this book nails it right on the mark. I follow this author because he is good and his writing is concise. He never disappoints his readers. Kudos on this one Michael!!!

11 of 11 people found the following review helpful.

Great ways to Beat Procrastination

By Austin Snyder

This is something most of struggle with and this book has some very useful tips on how to beat procrastination. If you're struggling with time management then this will help you immensely.

See all 27 customer reviews...

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