



Overcoming Procrastination: How to Not Procrastinate and Overcome Procrastination

K.B. Bryson

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If you think you might have a problem with Procrastination, and you can see the detrimental effects it has on your life and therefore want to change your ways, then this book is for you!

Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Okay, let's face it, at some point in our life, all of us have said we are going to get a certain task done, yet we ended up not lifting a finger to do anything about it - that is, until someone yells at us about it. However, some people are chronic procrastinators. If you constantly avoid getting things done and have a mountain of excuses lined up to "explain" the reasons why you are unable to do them; then look in the mirror and you will see a procrastinator. Most often these reasons are only excuses to avoid doing the real task and going through the emotional discomfort that often comes with making significant changes in our careers and in our lives. Procrastination can exact a pretty steep toll on your business, career, relationships, health, and finances. We all hate to admit it, but in choosing to put off tasks that can be performed today for tomorrow, we unwittingly surrender our happiness. You may be tempted to play it safe, especially when you are seriously thinking about improving your lot in life – but do you really want to look back a few years from now and blame yourself for wasting time in getting certain things done? That's where this ebook comes in. Join me for this quick read, and you'll be well on your way to getting things done now.

Here Is A Preview Of What You'll Learn...

- What Procrastination Really Is
- Why People Procrastinate
- Give Common Signs You're Procrastinating
- Procrastination and the Value of Time
- The Negative Effects of Procrastination
- How to Stop Procrastinating and Get Things Done Now (10 Effective Strategies)
- Five Things You Must Know to Put a Stop to Procrastination
- Eliminating Procrastination Triggers
- Much, much more!

Download your copy today!

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