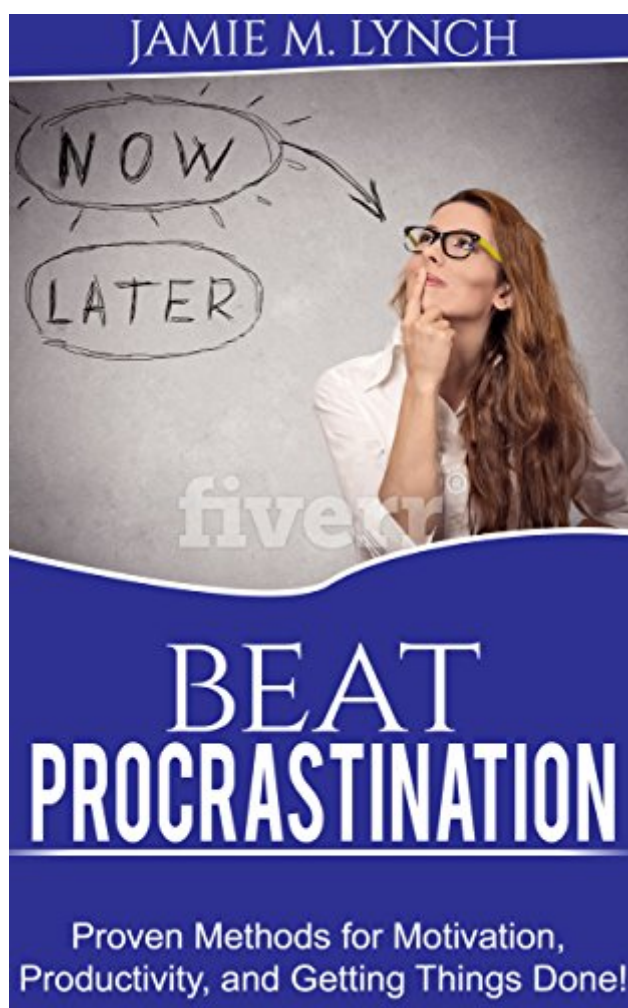


The book was found

Beat Procrastination: Proven Methods For Motivation, Productivity, And Getting Things Done!: No Psychological Theory, Just Simple Solution To Help You Beat Procrastination And Take Your Life Back!





Synopsis

We all procrastinate at some point and come up with all kinds of creative reasons to justify such behavior. These reasons can be valid only occasionally but more often they turn out to be mere excuses for not doing the right thing. Fear lies at the core of discomfort. Procrastination takes a deeper toll on our career, finances, relationships, health and business. The book provides a simple but effective solution to procrastination. It doesn't have any boring psychological theories. All it does is explain to you how you can Beat Procrastination!

Book Information

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Science

Customer Reviews

Jamie Lynch is either not a native English speaker, or did not have a competent person to proofread the manuscript. There were some sound concepts, but poorly written. For example, the frequent use of the word "few", when the correct word would have been "some".

I received the book as a gift, at first I thought it was a joke, because I had no idea I procrastinate at all. But after reading the book I am a typical procrastinator. I have typical features of a

procrastinator. After learning some of the tips and tricks the books shows, I am amazed at how much more productive I have become.

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