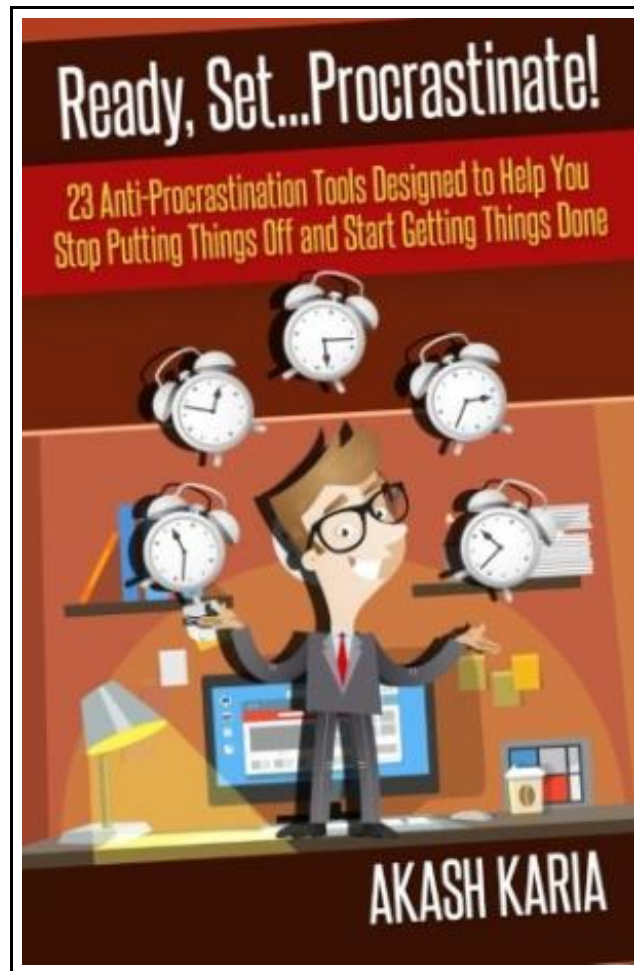


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 212 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****. This is one book you should not delay reading! Provides clear, practical advice on how to overcome procrastination Gillian Findlay **DISCOVER HOW TO STOP PROCRASTINATING START GETTING THINGS DONE** Do you find yourself often putting things off till tomorrow ? That book you wanted to write? Tomorrow. That email you re supposed to send? Tomorrow. That project you said you d start yesterday? Tomorrow. Packed with twenty-three tools on how to stop procrastinating, get motivated and start getting things done, **Ready, Set.Procrastinate!** will prove to be an indispensable resource for those who want to get the most out life. Inside this book, you will learn how to: Tackle any task using the solar-flaring technique Trick yourself into working on any project using the five-minute technique Instantly increase your motivation using two simple words Beat procrastination using Dan Ariely s simple trick Create positive new habits using the Seinfeld calendar. Instantly eliminate disguised procrastination using the Pareto principle Use the if-then technique to triple your chances of success. Triple your productivity using a simple time-management technique and a kitchen timer And a lot, lot more. Great ideas to stop procrastinating LeAndria Corbett A great manual on how to improve your every day productivity Rosalinda Scalia Procrastinated all my life, until I opened this book Samuel Duffey **ABOUT THE AUTHOR** Akash Karia is a professional speaker who has trained over thirty thousand people worldwide, from bankers in Hong Kong to yoga teachers in Thailand to senior executives in Dubai. He is an award-winning trainer who has been ranked one of the Top 10 Speakers in Asia-Pacific. He is regularly sought-out by top businesses and governments for...

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