



## Procrastination: Learn How to Become More Productive and Stress Free by Overcoming Bad Habits and Laziness (Paperback)

By K Connors

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Procrastination Learn How to Become More Productive and Stress Free by Overcoming Bad Habits and Laziness How many times have you avoided doing your homework or completing a chore by reasoning with yourself about how other tasks are more important? Or, by convincing yourself that what you re supposed to be doing is not significant enough to be completed right now? Congratulations, you re a procrastinator! And hey, welcome to the club. Procrastination is a very common problem that can lead to increased stress levels, lost opportunities, heightened frustration, and sometimes failure. Procrastination is difficult to manage because we underestimate its accumulative effects and overestimate our ability to handle them. Lucky for you, I have the solution! In this book, you will learn: What causes procrastination How to overcome it The impacts on your health The impacts on your work and social life Why the fear of failure causes procrastination Why the fear of success causes procrastination The different types of procrastination How to overcome laziness Tips and tricks to become more productive Get your copy of Procrastination: Learn How to...



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