

o Overcome Procrastination and Get the Results You

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Synopsis

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If you are like most folks, overwhelmed with too much to do and little time, you are bound to get caught up with even more new tasks and responsibilities. Because of the immense pressure, you will always be behind when it comes to some of your tasks and responsibilities, and probably most of the time you will want to postpone your tasks for another day, because you will never be able to do everything. Once you begin to procrastinate, you will always be lagging behind the assigned time set for your responsibilities and tasks.

This audiobook talks about how several people who are procrastinators are affected by procrastination that affects their daily activities and disrupts their careers. The only way you can prevent procrastination from taking over your life is to recognize when you begin procrastinating and understand why and how it is happening - i.e., the trigger points. Procrastination can happen even to the best of us.

In this audiobook I will also help you to identify the triggers along with working out a solution that will help you to be more active when it comes to the completion of a task and managing your time well.

In this audiobook you'll learn:

- Procrastination - its causes and effects
- Types of procrastination
- The different ways to avoid procrastination
- And much more

Listen to this audiobook today, and learn more about focus!

Reader's comments

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