



The Procrastination Cure: How to Stop Being Lazy, Maintain Productivity and Achieve More All the Time (Paperback)

By Gillian R Sullivan

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Overcoming Procrastination (How to overcome procrastination and learn to lead a productive life) Does procrastinating take over your life when it comes to getting your work done? Is it something that you genuinely need to conquer in order to make sure your life is easier? That is a great question; but what is procrastination? To make a long story short, procrastination is the act of putting off an essential task until a later date. During the process of procrastination, often times other non-essential tasks are done in lieu of more important ones. While the actual definition of procrastination might seem fairly simple, the effects are often times not. Let's be honest; we've all encountered the pesky problem that is procrastination at one point or another. It's one of the easiest bad habits to pick up, and it usually isn't that big of a deal. Most people that procrastinate just put things off until the last minute, but they still get the job done in the end. That breeds a sense of security, knowing that...

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