



## Stop Procrastinating Now: How to Overcome Procrastination, Increase Productivity and Get Things Done. Starting Today (Paperback)

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By Daniel Wells

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. How to Overcome Procrastination, Increase Productivity and Get Things Done. Starting Today! One of the most destructive effects of procrastination is the fact that it makes you feel out of control. Procrastination is like an invisible force that keeps you from doing the very things you know you must do. With the increasing demands on our time and attention there seems to be an increase in procrastination as a chronic problem, especially amongst those people that want to succeed the most. Procrastination usually sets in when you feel overwhelmed by all the have to s in life and instead of making steady progress you take on too much without ever getting any of it done. Feeling out of control takes away all your power to shape and direct your own life. It s true that there are many things over which you have no control, but you always have full control over what really happens to you - and what really happens to you is a mental process and independent of the circumstances and events of the outside world. Here Is A...



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