



The Procrastination Cure: How to Get Things Done: Habits to Change Your Life (Paperback)

By Anastasia Ratajkowski

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Procrastination. Everybody does it - it s a universal temptation that it practised every single day. Even those who spend their days lecturing about productivity and getting things done procrastinate. But why? Why are we all tempted to avoid critical tasks in our lives to the point where our motivation crumbles in to nothing and we crawl up hoping that they will go away. We know that these things eventually need to get done, right? It doesn t make sense. In this book you will learn: - What procrastination is - The 5 Costs of procrastination - 8 Reasons why you procrastinate - The Fear of Failure - The Fear of Success - What Habits actually are - How to Create new habits - How to get rid of bad habits - 10 Destructive Habits that are holding you back and how to solve them - 10 Habits to BEAT procrastination - You will also get BONUS free quotes upon reaching the end of the book to keep you motivated and to help you fight off procrastination! The Procrastination Cure...



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