

# Eliminating Procrastination Forever - The Ultimate Guide to Getting Things Done For Optimal Productivity And Results (Procrastination cure, Time Management, Self Discipline)

John Collins



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### A Proven Method With Specific Steps That Will Help You Stop Procrastination Once And For All

Do you put things off over and over again even though you KNOW you shouldn't? **It's not your fault!** You simply aren't aware of some of the simple strategies that can help you break that habit. Don't let procrastination stop you from being successful. End procrastination once and for all by applying some very simple but effective strategies. This book will help you eliminate the stress from procrastination and help you to reach your full potential!

This book covers the four most common types of procrastination and how to overcome them.

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- Reasons WHY You Procrastinate
- How To Beat A Feeling Of Overwhelm
- What Procrastination Is Costing You Right Now And Why You Must Break Free
- How To Break Down Tasks So That It Is Easy To Take Action
- The Golden Rule To End Procrastination
- Why You Must Focus On The End Goal And Not The Process
- How To Face Fear Head On
- Much, much more!

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