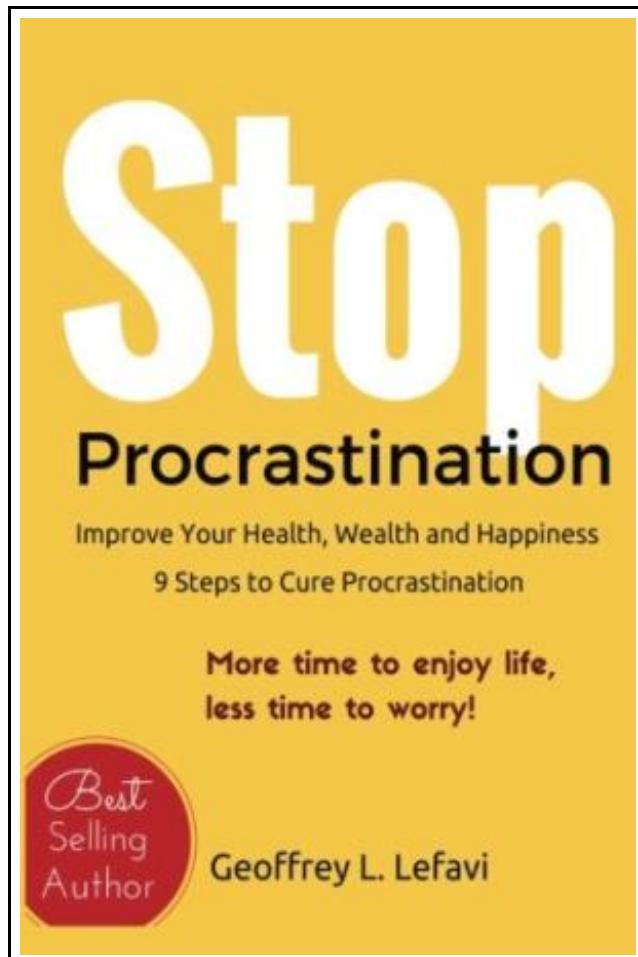


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.In just 9 steps you can defeat procrastination and enjoy a happier, healthier and wealthier life. Procrastination is a Learned Behavior. You can unlearn it. You will have more time to enjoy life and less time to worry. If you have ever struggled with procrastination - who hasn't - you must read this book. This is a practical, no-nonsense book on helping you increase your health, wealth and happiness by stopping procrastination. You will learn that procrastination is a bad habit, which is learned over time. It has become part of your automatic reactions, which are things you do not realize that you do every day. With practice you can defeat your tendency to procrastinate. All you need are the 9-Steps outline in this book, and a little bit of practice. There are two quizzes in the Appendix. The first physiological quiz will help you identify the degree of your procrastination. The second quiz will help you determine if you are a morning person or an evening person. Knowing if you are a morning or evening person will help you to determine the best time to start a project. It is recommended that you take the Procrastination Quiz before reading this book (it just takes a few minutes). Then take it again a couple of weeks after you have been using the 9-Steps ; you will be amazed by your progress. This book will show you what procrastination is costing and how to defeat the urge to procrastinate. These 9 steps were created by neuroscience researcher and author: Geoffrey L. Lefavi.



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