

HACKING LAZINESS

**HOW TO OUTWIT,
OUTSMART &
OUTMANEUVER
PROCRASTINATION**



MIKE BUFFINGTON

Hacking Laziness How To Outwit Outsmart And Outmaneuver Procrastination

Gennie Billot



Hacking Laziness How To Outwit Outsmart And Outmaneuver Procrastination:

Stop Procrastinating Nils Damon, 2019-06-29 Buy the Paperback Version of this Book and get the Kindle Book Version for FREE Do you find it challenging to get things done Are you in a perpetual state of inertia when it comes to hustling or completing tasks Do you always find yourself putting things off for later and running into a guilt loop of lack of productivity Do you take on tasks and then lose interest when it comes to finishing them Fret not this book holds your hand and gently takes you through the process of going from procrastination to productivity in a step by step and comprehensive manner These are all tried and tested strategies that are proven to put people into action mode no matter where they are currently placed when it comes to getting things done Self discipline self control and beating procrastination begins with a mindset However once you acquire that mindset there are plenty of things to be done to put the mindset into actual practice Knowledge and mindset are pretty useless without implementation Working on self discipline functions similar to muscle building It gets stronger and stronger with endurance practice and consistent training So what are the training techniques for building your self discipline muscle to put you on the productivity highway This stop procrastination handbook is written to equip you with taking solid power packed and practical steps to help you get into the hustling mode Here are some of the things you ll take away from this book How to condition your mind for goal setting discipline doing and eventually succeeding Power packed techniques to beat procrastination like a boss including using hypnosis to overcome procrastination Time management strategies used by pros to use time optimally and organize their life Productivity hacks to skyrocket your way into doing much more than you ever thought was possible And much more The book is filled with multiple time management resilience developing productivity increasing anti procrastination and other effective self discipline strategies that will put you on the productivity highway There are plenty of real practical and actionable techniques which you can begin putting into action right away I have included several action plans valuable pointers and tried and tested techniques for boosting your self discipline muscle which can help you achieve your goals like a boss If you want to beat the shit out of this monster called procrastination and get on the highway to success do not procrastinate buying this book Remember success is a decision Decide to be successful today by taking complete control of your life **SCROLL UP AND CLICK THE BUY NOW BUTTON**

17 Anti-Procrastination Hacks Dominic Mann, 2016-11-28 Imagine stress free productivity Imagine guilt free relaxation Do you feel like you can t get yourself to do anything Do you hate yourself for procrastinating Do you find it impossible to relax because of the frustration and guilt that comes with procrastination If you struggle with procrastination then this book is your blueprint for crushing procrastination once and for all 17 Anti Procrastination Hacks How to Stop Being Lazy Overcome Procrastination and Finally Get Stuff Done teaches you how to quickly and painlessly beat the urge to procrastinate letting you enjoy life guilt free Learn how to easily get yourself spurred into working Imagine if you could painlessly get work done when you need to and then relax free of guilt afterwards Well guess what 17 Anti Procrastination

Hacks teaches you how to do just that You will learn How a racist church can help you get things done fast How to make a tasty to do list that makes getting things done gasp enjoyable Why getting started is the hardest part of overcoming procrastination and 4 foolproof techniques to painlessly kickstart your productivity And much more Equip yourself with procrastination proof methods for finally getting that work done by grabbing your copy of 17 Anti Procrastination Hacks today Finally beat the urge to procrastinate What if you could crush those feelings of laziness Well guess what You can You re about to discover The ONE word you should be saying that kills the urge to procrastinate Backed by science Why visualizing success actually leads to procrastination and how to visualize the RIGHT way and get yourself spurred into working The surprising to do list hack that lets you procrastinate and be productive at the same time Yeah seriously And much more Grab your copy of 17 Anti Procrastination Hacks today to start short circuiting procrastination To beat the urge to procrastinate once and for all and start enjoying life guilt free scroll up to the top of this page and click BUY NOW P S Don t say someday I ll get around to buying this book because we both know what that means Click the BUY NOW button at the top of this page to kill procrastination today [How to Stop Procrastinating and Start Doing Now!](#) Personal Productivity Project,2019-01-30 How many problems come from procrastination How many chances have you lost because of it Many you know that Many procrastinators are perfectly aware of the price they pay and what their behavior causes yet they cannot stop It s hard to admit but because of procrastination they are still passively watching their opportunities and their life flow away You ve tried so many techniques to stop procrastinating and yet you re back to square one again Why There are three reasons why even with all the information available a procrastinator cannot stop procrastinating The first is that he doesn t know the internal dynamics of procrastination The second is that she often uses strategies which by their own nature cannot work The third is that he uses the right tools at the wrong time so they don t work With this book you will Gain a better understanding about what procrastination is why we do it and the many form sit can take in our lives See how procrastination can negatively impact your life Understand why motivation alone is not enough to help you achieve your goals Learn why willpower is helpful but not the ultimate solution in this case Find out how self discipline works and why it can help Realize why there are so many methods to beat procrastination but they don t work Everyone has different ways of procrastinating but the internal mechanisms are the same for all of us How to Stop Procrastinating and Start Doing Now helps you to discover the procrastination mechanism and guides you to become your own best coach to beat procrastination and achieve your goals Don t waste more time do the best thing against procrastination and buy this book now **Finish What You Started** Matt Rosen,2022-03-22 What would your life look like if you could Finish What You Started No matter your goals whether you are a student an artist a writer an entrepreneur or are working on a project if you are going to bed every night with a feeling that you ve wasted yet another day and haven t moved forward this is the book for you Based on the latest scientific findings by the most prominent psychologists who

dedicated all their lives to understand procrastination Finish What You Started will show you exactly why you keep postponing the important things in life and what to do about it Written in the tradition of the best psychology self help books it will transform you from a helpless procrastinator to a super achiever In Finish What You Started you ll discover The common myths associated with procrastination busted by science The SIMPLE hack that allowed me to never get distracted again What psychologists have found to be the exact cause of procrastination How to recognize what type of procrastinator you are and find a solution that works for you The easy technique I learnt to achieve my long term goals How a simple tip a friend told me will keep you procrastination free forever and much more What would you accomplish if you were able to finish what you started We are only remembered by the things we completed not by what we wanted to do but never finished Ultimately do you want to be forgotten or make an impact If you re serious about improving yourself and wish to choose the life you want don t let yet another procrastination ridden day go by Laziness Deon Hillman, 2020-05-10 If you ve always wanted to achieve a lot more in life but you struggle and are overwhelmed with laziness then keep reading Are you completely exasperated with how lazy you ve become Have you tried every known trick in the book to stop procrastinating but nothing ever really fixes the problem Would you like to finally break up with procrastination and laziness so you can take action and become the person you ve always dreamed of being If so then you re in the right place You see nipping laziness in the bud doesn t need to be so hard Even if you ve gone through all the useless hacks that other books out there are desperate to sell you but have failed you time and time again Honestly It s a lot easier than you realize A report by Desender K et al suggests that you can actually become a much more motivated person by simply surrounding yourself with others who are already this way Another study carried out by Phillippe Dubreuil et al shows that consistently building your strengths is a great way for you to be more productive and better at work This means that with the right support system and attitude you can beat laziness and procrastination without being worried that your results will be short lived Here s just a tiny fraction of what you ll learn in this book Why you re lazy and can t seem to help it The secret to distinguishing between laziness and procrastination 9 sure fire tips to beat laziness 6 benefits of time management in your life The little known hack to make your laziness work for you How to develop the self discipline and mental toughness of a Spartan How to totally destroy the bad habits holding you back in life 13 ways to tackle procrastination Highly effective hacks for kicking procrastination and laziness to the curb Masterful methods to manage your time effectively and much much more For just a moment imagine what it would feel like to become a person who is highly motivated disciplined and inspired to go after their goals every day And what it d feel like when you have such amazing results that the people around you have no choice but to ask you what your secret is when they see how much more productive you are So even if you are a total procrastinator with no goals and no passions in life you can now possess the tools needed to take charge of your story via proper time management a mentally tough spirit and a self disciplined mind If you have a burning passionate desire to finally get off your couch and set goals for

yourself and surpass them every time then scroll up and click add to cart

How to Stop Procrastinating: A Simple and Effective Way to Beat Laziness and Get Things Done John Bale, 2019-01-04 Finally Proven Method to Beat Laziness and Procrastination in 2019 Most of us cannot achieve and have the things in our lives because of this simple but not an easy thing called Procrastination Learn why I managed to beat procrastination so that you won't make the same mistakes In this short and simple introduction audiobook you will find the true way to conquering that negative quality about yourself Follow this simple and short guide which will give you the results that you truly desire and finally becoming LAZINESS free again Stop Figuring Everything Out By Yourself Procrastination and laziness are the same things as any other disease or illness that people have or have had in their lives However there is always a cure for everything even if you don't believe that there is That is why I have written this short little book to help you finally understand how to deal with it Like any other skill it requires focus and commitment on your part but the commitment you gather will lead you to success in your inner world As I stated earlier this book will reveal to you what is procrastination and how to deal with it If you follow it and dedicate yourself to becoming a better person you will see the results Topics covered include What Is Procrastination What Are The Key Symptoms of Procrastination What Are The Negative Effects of Procrastination Highly Effective Ways To Beat Procrastination Work Habits to Boost Productivity It's up to you if you have what it takes to become procrastination free If you are serious about changing your character and finally controlling your laziness click to buy now

Stop Procrastinating Nils Salzgeber, 2018-04-13 Do you feel like your potential is severely limited due to your procrastination habit Are you tired of the guilt stress and overwhelm that comes with procrastination Do you want to learn the secret to getting things done quickly and effectively so that you can increase your success in all areas of life In this no fluff and action oriented book you'll discover the real reason behind your procrastination there's only one and you'll find potent tools to help you overcome procrastination for good In Stop Procrastinating You'll Discover More than 20 science based strategies designed to help you overcome laziness free yourself from excessive guilt and get things done whether you feel like it or not A simple strategy for programming your unconscious mind to act in any way you like New research explaining differences between procrastinators and non procrastinators Hint procrastination is not your fault Why criticizing yourself always leads to more procrastination and what to do instead The 30 second trick to build instant habits so you can wake up early exercise regularly and get more done without wasting any willpower A quick walkthrough of the new science of willpower why you need it easy ways to get more of it and step by step advice on how you'll use it to overcome procrastination Why your granny doesn't procrastinate the alarming link between technology distractions and procrastination and what you must do to escape this trap Rarely discussed but highly researched strategies that tackle the root cause of procrastination allowing you to quickly relieve guilt feel better about yourself and as a result get more done Whether you're a failing student aspiring entrepreneur stay at home mom or just someone who's constantly struggling for motivation know that by following the information in Stop

Procrastinating you can overcome procrastination More importantly you can finally realize your potential go after your dreams and enjoy life without constantly feeling guilty or stressed out Don t wait Learn How to Overcome Procrastination by Clicking the Buy Now Button at the Top of the Page **Stop Being Lazy And Procrastinating** Gennie Billot,2021-01-16 For most people procrastination irrespective of what they say is not about being lazy In fact when we procrastinate we often work intensely for long stretches just before our deadlines Working long and hard is the opposite of laziness so that can t be the reason we do it So why do we procrastinate and more importantly what can we do about it This book is a straight forward systematic framework for building an action oriented habit through all the areas in your life In this book you will discover 8 Specific Reasons Why People Procrastinate The 25 5 Rule and How It Can Help You Laser Focus on What s Important 6 Actions for Creating Actionable Goals That Motivate You How to Say No to People Without Looking Like a Jerk 5 Ways to Plan Your Week So Procrastination is Never an Option 14 Daily Practices to Overcome Those Sudden Feelings of Procrastination **The Power Of Daily Self -Discipline And No More Procrastination 2 in 1 Book** Carl Klein,2019-12-31 Are you great at making plans but often get frustrated when you fail to make them happen Is procrastination stopping you from reaching your goals Do you always have an excuse for not meeting expectations Then you need to keep reading It s no secret that self discipline makes it possible for people to make better personal and professional choices However we often fail to make timely decisions on the things that matter We delay going to the gym saving for retirement writing a crucial report or making that important phone call until it s too late Fortunately there are principles and practices that will help you boost your willpower and overcome procrastination This includes two books The Power of Daily Self Discipline Practical Exercises to Strengthen Your Willpower No More Procrastination Simple Habits to Boost Your Productivity and Get Things Done Here s a short preview of what you ll discover How to hack your environment to EXPONENTIALLY build your self discipline and turn plans into tangible victories even if you ve never been reliable in your life The absolute first thing you need to do each day that will condition your mind and body for maximum productivity How to defeat self sabotaging habits and eliminate time wasters that are limiting your potential Why listening to your feelings can be the WORST decision you ll ever make and what to do instead The science backed tricks for reprogramming your mind so that you ll finish what you ve started and fulfill your promises no matter what The tried and tested techniques for EFFECTIVELY beating procrastination even if you ve always been a lazy sloth And much much more Even if you often miss deadlines and constantly make excuses for broken commitments the expert research behind this guide can ensure that you ll identify how outside forces affect motivation recognize the impact of mindset on behavior and follow best practices to complete tasks on time all the time By relying on the ground breaking information in this book you ll finish each day with a sense of accomplishment establish your credibility and see your plans turn into reality If you want to access the expert techniques used by the world s top achievers and finally unleash your full potential you should purchase this book Procrastination

Raymond Caldwell, 2018-08-15 This eye opening book merely is for those people who are lazy and they are ready to transform their lives entirely by following this simple guide Maybe it took you years of trying to beat procrastination without knowing what it is all about no more worries this guide is for you Many guides are going to offer advice and suggestions on what you can do overcome procrastination and be productive in life and career but many of them are not true provide wrong information and it is very difficult to understand This book is second to none and my opinion to you is that read through it and act immediately I am sure it will help transform your life completely In the chapters presented here in this book you have been given a window into just how you can do to hack laziness and end procrastination since this is the only way to motivate yourself boost productivity and achieve your goals in the long run In this book you ll find easy step by step instructions on What is procrastination Causes of procrastination Types of procrastinators Why you should get rid of procrastination How to replace procrastination habits with more productive habits The psychology of procrastination Cost of procrastination How to beat procrastination The end of procrastination Strategies for peak productivity What you need to appreciate is that the only way you are going to make headway in beating procrastination is by understanding the causes of procrastination the effects and the strategies to use to overcome your procrastination Otherwise you will be running against a strong wind that counters most if not all of your efforts

How Can We Stop Procrastination Moses Hooke, 2021-07-13 Procrastination is a common habit that many people have We ve all procrastinated at some point in our lives In particular the researchers say that this problem is most apparent in students Over time this procrastination habit not only reduces our productivity but also affects our health So why don t we learn to get rid of it In this brilliant book you ll discover How to beat procrastination once and for all How to save time money by trying different methods to beat procrastination and going directly to what actually WORKS Unlike other procrastination books in this book you will get step by step instructions to beat procrastination slowly and surely Be proud of yourself your work ethics and your outcomes Enjoy a life of abundance high self esteem and sharp work ethics And much much more

Daily Self Discipline and Procrastination 2-In-1 Book Gareth Woods, 2020-04-06 Do you feel like you are good at making to do lists but then it is very hard for you to stick to them Do you think you often give up something as soon as there is an obstacle or discomfort Does the majority of people consider you reliable or not If you want to learn more about self discipline then you need to keep reading The American Psychological Association conducted a survey about stress where 27% of the participants showed that they were not able to reach their personal or professional goals because of a lack of willpower The research shows how self control has a strong impact on different aspects of our life from relationships to finances from health to productivity As a matter of fact people with good self discipline are more inclined to have a better lifestyle as well as a successful career This includes two books The Power of Daily Self Discipline and The No Excuses Mindest practical exercises to strengthen your willpower and overcome procrastination by creating atomic habits No More Procrastination n 2 Simple habits to boost your productivity and get things done Discover how to eliminate

procrastinating habits and overcome laziness for good Here s a short preview of what you ll discover Simple psychological techniques for INCREASING your willpower and forget how it feels to be lazy all the time even if you ve always been a couch potato Different methods to defeat procrastination once for all and other negative habits that are killing your productivity How your mindset influences your actions and how to transform it to be strong and unstoppable Why you are making a mistake if you always listen to your feelings and what to do instead Little known tips to reprogram your mind so that you can keep a promise and reach your ultimate goals The EASY and FREE strategy you need to know if you want to be consistent in whatever you do in life The unique body part that is crucial to overcome procrastination and fatigue it s not your brain How to stop dealing with self sabotaging and useless habits that are stopping you from reaching your goals Essential secrets to achieve THE STRONGEST self discipline ever and never lose the focus without having to consume tons of coffee or mind altering drugs And much much more Even if so far you have always preferred to go for the easy path this expert guide will help you with your lack of motivation and willpower by giving you the right methods and techniques that will allow you to control your actions forever With this book you will be able to always respect your promises and to do lists you will be more aware of your reality and at the end of the day you will feel happy and satisfied with the things you did If you re ready to achieve self mastery and acquire the skills of the world s most excellent individuals then you should start this book today

Procrastination Marcus Holiday,2020-10-06 If you want to overcome procrastination and boost your productivity then keep reading Here s the dark truth if you re someone who has a bad case of habitual procrastination you aren t going to go very far in life People don t trust chronic procrastinators and they often have low self esteem How do you feel after a long day when you haven t really achieved your goals or hit your target for the day only to push it into the next day repeating the vicious cycle If you re being honest you re going to admit that it doesn t feel great If this sounds like you then keep reading as this guide may potentially change your life Most people never realize that they are procrastinators Never assume you are not one unless you prove it A simple yet powerful self diagnosis procrastination test kit has been devised for you Should you find yourself not a procrastinator that would be great for you However it does not end there You can use the same kit to help your family friends and loved ones who could be suffering from procrastination without knowing it Discovery is the best way to finding a lasting solution Once you determine the root causes of your procrastination the next obvious step is to heal it Unlike other time management or anti procrastination books Procrastination The Ultimate Guide to Beat Procrastination Overcome Laziness Change Bad Habits and Increase Your Productivity will show you how you can take control of your time with a series of proven strategies and intuitive science backed methods to move yourself towards your goals on a daily basis so that you can achieve success in your life by making huge strides in your career strengthen your relationships and improving your time management skills Inside you will discover Why Do We Procrastinate Tackling Procrastination Getting organized How to clear your mind How to build mental strength Law of Attraction Relaxation And much much more With this

book you can begin to accomplish your tasks faster and easier while being more energetic and motivated to act on your goals and reach your full potential So click on the buy now button to get your copy of Procrastination The Ultimate Guide to Beat Procrastination Overcome Laziness Change Bad Habits and Increase Your Productivity so you can change your life for the better starting today **The Procrastination Fix** Jacob Greene,2018-12-08 How does accomplishing all the tasks that you set out to do sound to You How about doing that consistently on a daily basis Without Procrastination If you want to accomplish more in your work and life yet find yourself struggling with Procrastination Read On to unlock those secrets for Yourself Almost all of us would have procrastinated on something at least once in our lives One of the tricks here is to know what you can and Can t procrastinate on Procrastinating on that work project which the company needs for clinching the million dollar deal is definitely very much different from procrastinating on getting that anniversary gift for the significant other OR ARE THEY And this is something which you will find out in this Book that also shows You 36 Proven Ways to Beat Procrastination Within The Procrastination Fix You will explore Manipulate procrastination into a corner and make it work for you Getting the 36 ways on how to beat procrastination and pay focus on the Special 2 which will be integral for you conquering the procrastination habit How writing a letter can be the key to driving away the spectre of procrastination How different times of the day can impact Procrastination and that special thing you can do to work around it What to do when you are feeling on the verge of procrastinating on something and the 2 tricks to snap you back on track What some others have not let on about productivity methods like time chunking and the Pomodoro method to counter procrastination Getting to know the whys of procrastination and why this particular reason has to be removed from your system in order to beat back procrastination How do create To Do lists that help you beat procrastination and not cause it And much More The Procrastination Fix is for anyone It doesn t matter if you are a college student newly minted corporate executive seasoned entrepreneur or a work from home parent The 36 ways will work for you as long as you allow yourself to work on them Clear those tasks and projects and enjoy ticking off those items on the To Do lists Approach each day raring to go because you know you have won the duel with procrastination Click on the ADD TO CART button NOW and begin this journey of personal empowerment and serious self transformation **Stop Procrastinating** Nathan Walker,2021-03-08 55% Discounted for Bookstores NOW at 19 95 instead off 25 95 You ll learn how to build lasting productivity approaches for life

Procrastination Stephen Martinez,2023-09-02 *Procrastination* David Panfilo,2018-01-15 This book includes 2 manuscripts Laziness How to Stop Procrastinating and Reclaim Time with Self Discipline Stop Procrastinating Stop Being Lazy Break the Procrastination Habit and Become More Productive with Your Time Laziness and procrastination is slowly becoming prominent in everyday life A large portion of the population is affected by it but those that can overcome procrastination are destined for much greater things Did you know just wasting 10 minutes every hour you are awake is equivalent to throwing away a whole day Many people don t realize this and as such they do not realize how much impact

delaying things can really cost them This book is a bundle of two books to help you stop procrastinating and stop wasting time Some of the things that you will learn include What is laziness and procrastination The signs and symptoms of laziness The manifestations of laziness The effects laziness and procrastination have on your life Why motivation and willpower is not enough to stop procrastination and laziness External resources that provide more perspectives into the look of procrastination How you can become more productive with your time And much more Investing in yourself to beat laziness and procrastination through the use of knowledge and self discipline will help you go a long way in creating the life that you so desire Time is of the essence and the procrastination habit is costing you a lot of time *Time to Get Things Done* Christ Lewis, 2014-07-07 Get Things Done Within 24 Hours Sometimes you just don't want to do something But you have to or perhaps you want to but you don't really feel like it Worse yet you may feel that inertia just sucking the life out of you making matters worse And then you may cope with that unpleasant feeling by getting sidetracked with distracting procrastination activities So what to do You can't always rely on desire to magically kick in and propel you into productive effort Further you may have a habit of avoiding things that you are not otherwise forced to do Like most of us if you don't have external pressure and potential penalties spurring you on it can be tough to get yourself to take actions now and beat procrastination With this book you will be able to get things done faster better and more easily Whether you're facing down a deadline or just trying not to waste too much time getting something done a little extra attention and willpower will help you get through your tasks quickly and master your life better What you will discover from this book How does Procrastination Impact Our Lives Are you a Procrastinator Common Excuses for Procrastinating Tips to Overcome Procrastination within 5 minutes Ways to Beat Procrastination Talk to Yourself Capture Your Ideas Create a Project List Create a checklist for everything Self Commitment Schedule a weekly review Do a monthly review Prioritize Things Track progress and success Fears and how to Fight Them Technology can be your ally or enemy Create A Sense of Urgency Stop blaming and be Accountable for Yourself Reward and Punishment Develop your Skill The Power of Getting Started Be Patient with the Process Willpower Personality Effortless motivation Meet the Deadline Stay Focused Be Confident and Strong Failure for Success Stop Procrastinating Mark Bourne, 2021-05-28 55% OFF for Bookstores Discounted Retail Price NOW Your Customers Will Never Stop to Use this Awesome Book If you would like to overcome a lack of motivation with your daily tasks and stop procrastinating then keep reading Procrastination is one of the main barriers blocking you from getting up making the right decisions and living the dream life you've thought of Recent studies have shown that people regret more the things they haven't done than the things they have done Sometimes all our opportunities seem to be on our fingertips but we can't seem to reach them When you procrastinate you waste time that you could be investing in something meaningful That's why it's critical that you focus on eliminating your procrastination tendencies by building what's called The Anti Procrastination Habit If you can overcome this fierce enemy you will be able to accomplish more and in doing so better utilize the potential that life has to offer Whether you

are an aspiring entrepreneur a teacher a student or a stay at home parent this book will show you how to shatter procrastination and live a life of purpose and fulfillment Stop Procrastinating will enlighten your mind and open your eyes to the infinite possibilities that are available to you whether you want more financial freedom happiness or personal fulfillment Buy it NOW and let your customers get addicted to this amazing book

Stop Procrastinating and Time Management Strategies 2-in-1 Book Ethan Grant, 2020-03-06 Do you feel like you never have enough hours to complete everything on your to do list and still have time for the things you care about Have you ever wondered how highly successful people get things done without losing their sanity Do you want to increase your concentration and overcome procrastination Then you need to keep reading We all have the same 24 hours in a day but how we use that time differs wildly from person to person Some people can accomplish more in a week than others struggle to do in a month Not only do they seem to have unlimited reserves of time but these uber productive people also appear to have unflagging focus and amazing discipline Read on to discover the secrets of these high achievers This includes two books Stop Procrastinating Proven Tactics to Beat Procrastination for Good Time Management Strategies Blueprint to Solving the Procrastination Puzzle Here s a short preview of what you ll discover The tried and tested techniques to INSTANTLY gain control of your hours and kick your productivity into high gear even if you re the laziest person in the world How to dramatically increase your motivation even if you re pressed for time without spending a single dollar The little known principles that can help you overcome unexpected challenges thrown at you by your boss or a universe with a strange sense of humor Why this body part is your secret weapon to overcoming procrastination and fatigue no it s not your brain How to recognize and defeat the WORST productivity killers that could undermine your professional success The revolutionary secret to achieving AMAZING self discipline and unwavering focus without resorting to gallons of coffee or mind altering drugs And much much more Even if you re feeling overwhelmed disorganized and exhausted the extensive research behind this guide can ensure that you ll learn the strategies of the most efficient people and reach optimum productivity without sacrificing your health or happiness By relying on the revolutionary information in this book you ll identify which tasks have the most impact wisely allocate the 24 hours in a day and finally make time for what matters If you want to access the powerful tools that have been mastered by high achievers and finally unleash your potential then you should purchase this book

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