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How To Stop Procrastination & Get More Done

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HOW TO STOP PROCRASTINATION
& GET MORE DONE

— ALAN COULTER —



Synopsis

The 2017 updated version of the best-selling solution to end procrastination forever and get more done in life. Over 10 years of research lead to Alan Coulter writing the original book in 2014 which has now been updated with the latest methods for 2017. Cutting through the nonsense, this book offers a simple and easy to understand solution to beating procrastination and getting more done in life. No fancy gimmicks, just solid and actionable advice. Some of the topics covered in this book include: Effective methods to become more productive in life Twenty-one unique and proven methods to beat procrastination Procrastination at work and in your career Romantic partners, friends, and family Building willpower Good habits Time management skills for your life And so much more!

Book Information

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Customer Reviews

I have suffered from chronic procrastination for as long as I can remember. I put it down to my mental health issues. For a long time I felt I would have to live with it forever. I had read every book on the subject, watched hours of YouTube videos, even attended seminars and self help groups but I never found anything that I could sustain. I tried this book, as I try all new books that come out on the subject but didn't expect much from it. I have to say I was really surprised at the depth of the authors understanding of procrastination and the drivers behind it. It's the kind of understanding that comes from years of research and experience. There is no filler in this book, unlike most others. There are a lot of sections that delve into theory of what causes procrastination. I found this really helpful because I never really understood why I behaved like I did. Having a context to put the

practical methods made it very easy to see why those methods work. The bulk of the book is made up of practical, realistic methods to combat procrastination. I found them all to be excellent ideas and very easy to implement. The Pomodoro and 1-3-5 methods have worked particularly well for me. The author doesn't make any wild promises about overnight change or success. It's down to earth, realistic advice that really does work. Already I have seen huge improvements in my productivity, especially my studying. I'm getting more college work done in an evening than I normally would in a week. It's a terrific feeling. I'd highly recommend this book to anyone who wants to beat their procrastination. It will require work and dedication, but that is exactly what you will get from this book, the ability to focus and work hard when you need to.

I have tried a few books on this subject but most of them felt either very unrealistic or the advice they give is very hard to follow. Thankfully I found this book very different in that it was laid out well, the advice was unique but realistic and the whole book flowed well.

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