



Push Procrastination Away: Identify Your Procrastination Type, Practice Awareness and Enhance Effectiveness in Your Life

By Reid Cahill

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Bonus Free Gift: This book also comes with a fantastic series of tips to manage your awareness of procrastination. It s available to the first 100 people only, so don t forget to grab it now! Have you struggled to break a negative pattern of behaviour, one that leads you to put off the work you know you should be doing? Did you know that you might be susceptible to a specific type of procrastination? What does truly separate those of us who can use a positive approach to conquer our natural instinct to put things aside, receive a strong appraisal from friends or colleagues and those of us who can t? Appreciation of the value of our own personal time! We all go through periods where we put aside things and find a distraction to take our mind off the guilt of not getting that important task done. It might be that we would simply prefer to be doing something else, or that we are not sure we have the right skills to do it properly. Sometimes...

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