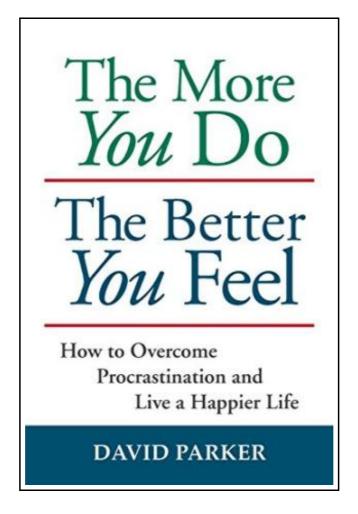
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THE MORE YOU DO THE BETTER YOU FEEL: HOW TO OVERCOME PROCRASTINATION AND LIVE A HAPPIER LIFE



Darwin Bay Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The More You Do The Better You Feel: How to Overcome Procrastination and Live a Happier Life [Paperback] David Parker (Author) This practical book is loaded with proven ideas to help you overcome procrastination and get more done. -Brian Tracy, Author of the International Bestseller: Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time A well put together informative book that brings awareness to disabling and habitual procrastinating behavior patterns. This is the best self-help book I have read in years! -Kenneth Reddan PhD, LCSW Are You A Human Ostrich? Do you stick your head in the sand at the thought of dealing with a task that seems boring, complicated, or unpleasant? Do you pay your bills late because the last time you balanced your checkbook was more than six months ago? While working on a task do you keep thinking you should be dealing with a different task? Is your living space messy and your life unorganized? Do you clean up only when family or friends will be visiting-only to let your place fall back into untidiness after they ve gone? After you ve cleaned for visitors, do you tell yourself it doesn t count! because you weren t doing it for yourself? Have you stopped having visitors over because you re ashamed of your mess? Do you worry you ll feel embarrassed if the landlord, a plumber, or a repairperson needed to visit your place? Do you constantly compare yourself to people who seem to have it together? Does your habitual procrastination leave you feeling depressed and anxious? Do you know the 25 characteristics and behaviors of...

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