

[PDF] The Procrastinator's Handbook: Mastering The Art Of Doing It Now

Rita Emmett - pdf download free book

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Author: Rita Emmett

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Description:

Review "Among the techniques and concepts, stories and humor, quotes and 'quick tips,' you will find something to help you get started... painlessly, enjoyably. And isn't 'getting started' the hardest part of any project?" --Jack Canfield, co-author of the bestselling, *Chicken Soup for the Soul* series

"Masters of procrastination, ALERT! To end your procrastination, read this book." --Mark Victor Hansen, co-author of the bestselling, *Chicken Soup for the Soul* series

From the Inside Flap A book for every procrastinator from an author whose own triumph over procrastination has moved her to show others the way. Exuberant, witty and practical, **The Procrastinator's Handbook** is an invaluable self-help tool and an entertaining read, with real-life stories of people who have overcome procrastination.

Rita Emmett gives comprehensive advice on:

- * how to identify the behavioural styles and patterns procrastinators use for putting things off
 - * how to apply proven anti-procrastination tips and techniques for achieving goals
 - * how to develop strategies to move forward when stuck or when reverting to old procrastination patterns
 - * how to design personal action plans. --This text refers to the edition.
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