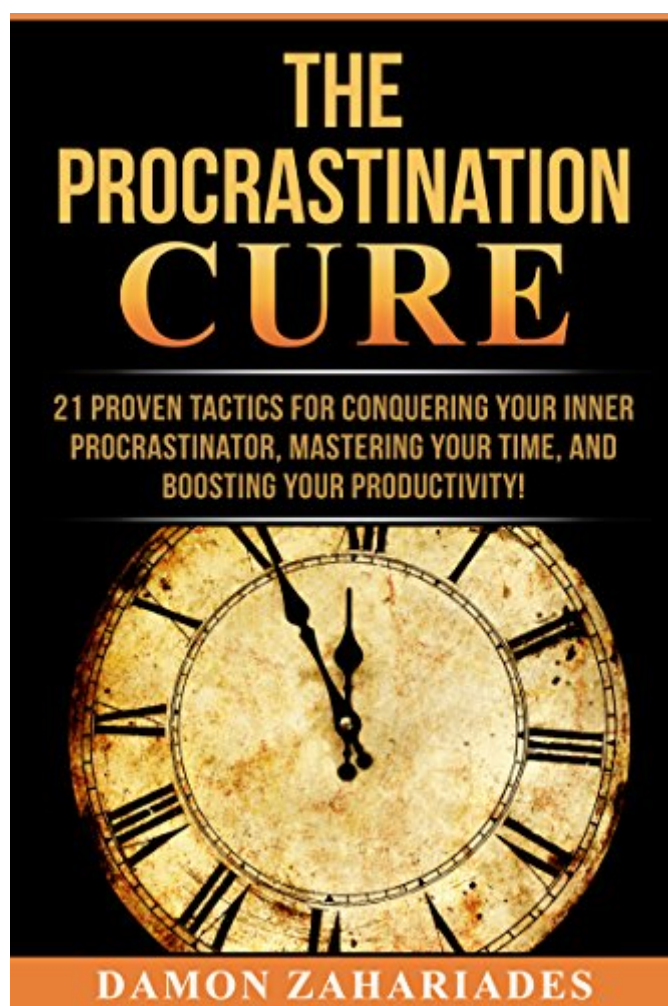


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# The Procrastination Cure: 21 Proven Tactics For Conquering Your Inner Procrastinator, Mastering Your Time, And Boosting Your Productivity!



## Synopsis

Learn How To Take Quick Action, Make Fast Decisions, And Get More Done In Less Time! Do you regularly procrastinate? Do you often struggle to get started on important projects? Do you allow tasks to pile up until they make you feel stressed and overwhelmed? If so, there's a simple solution: **THE PROCRASTINATION CURE**. Imagine looking at your to-do list and immediately tackling, completing, and crossing off tasks. Imagine making quick decisions regarding which projects receive your immediate attention. Imagine finishing your work each day with hours to spare! bestselling author, Damon Zahariades, provides a start-to-finish blueprint for beating your inner procrastinator. He'll show you, step by step, how to overcome your tendency to put off important chores, projects, and activities, and consistently take action that catapults your productivity. You'll receive more than 21 proven tactics for conquering your impulse to procrastinate. You'll also learn the **REASONS** you procrastinate, along with actionable advice on how to nip them in the bud. In **THE PROCRASTINATION CURE**, you'll discover:

- The 13 most common reasons people postpone taking action
- Why your to-do list might be encouraging you to procrastinate (and what to do about it)
- How to create an action-prompting reward system tailored to your personal proclivities
- 4 easy tips for silencing your inner perfectionist and getting to work
- Surprising advice from Mark Twain on how to beat procrastination
- The one decision that'll spur you to take action and complete tasks in record time
- The power of accountability (and how to find the perfect partner)
- How to prioritize tasks and projects according to your personal goals
- A 3-step system for tracking your energy levels, and using the data to maximize your productivity
- How to use Time Chunking to tackle large, daunting projects
- One of the most common forms of self-sabotage (and how to avoid it)
- How to muzzle your inner critic and eliminate negative self-talk
- A curious strategy novelist Victor Hugo successfully used to tame his inner procrastinator
- And much, much more!

Plus, you'll receive 3 **BONUS** tactics, each of which will prove instrumental in overcoming your inner procrastinator. There's also a **BONUS SECTION** that includes detailed answers to common questions asked about how to curb the procrastination habit. **THE PROCRASTINATION CURE** is for anyone who struggles to take action. Whether you're a student, corporate executive, entrepreneur, or stay-at-home parent, the tactics described in this book can set the stage for a personal transformation. Grab your copy of **THE PROCRASTINATION CURE** today to finally conquer your inner procrastinator and get to work on tasks and projects you're tempted to put off until later! This how-to guide is written in the great self-help, personal development tradition of Cal Newport, David Allen, and S.J. Scott. Scroll to the top of the page and click the "BUY NOW" button!

## Book Information

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## Customer Reviews

Procrastination is a big problem for most of us. In one psychology study over 70 percent of college students identified themselves as procrastinators. Other studies have show that procrastinators tend not only to be less happy, but also to have more stress, less sound sleep, and an impaired immune system. In "The Procrastination Cure" Damon Zahariades offers a complete toolkit for overcoming procrastination. In his words, the book is "chock-full of operational tactics." Although the 21 anti-procrastination methods he offers might seem a little overwhelming, he suggests that you work on just one of them each week. I think the single the most important approach presented in this book is to commit ourselves to doing only a "mini step" toward the task that we've been avoiding. Zahariades covers time-based mini steps in "Tactic #2: Do The First 10 Minutes", and task-based mini steps in "Tactic #11: Take Small Steps." Surprisingly often, performing a mini step dissolves our resistance and leads us to spontaneously continue performing the desired task. It's as if the mini step "quantum tunnels" right through the barrier of resistance that keeps us from doing what we

need to do. Harvard instructor Tal Ben-Shahar, Ph.D., said that this approach is the single most important technique to emerge from research on procrastination. For those who want to get started immediately with the mini-step tactic, without having to read books or make plans, I created a free iPhone app called "Mini Steps: End Procrastination, Build Good Habits." I think the app is a great companion to "The Procrastination Cure," and I'd love to get your feedback on it.

The Procrastination Cure: 21 Proven Tactics... is chock full of helpful practical advice about how to identify the reasons you procrastinate and then techniques to improve your productivity by eliminating procrastination from your life. I have read the book through the first time and plan to go back through it and implement many of the ideas. A must read for anyone who struggles with procrastination as a life style.

I know for some time I have some kind of time management problem. I just hadn't a clue how to tackle it. I bought a book "30-day productivity plan" from the same author and liked it a lot as I recognized several situations described in it. It was a real eye opener that got me on the right track to solve my problem. So with this experience in mind as soon as this book about procrastination was published I had to read it to see whether it could assist me further. And yes it did. If you - like me - are postponing the things you ought to do for your work or study and can't find the way out of that procrastination trap you won't be disappointed when you read this book. It isn't long and boring to read, it is short, focused on the problem with a lot of practical examples.

Damon made a simple, straightforward, useful, reliable book on how we can overcome one of the main challenges to productivity today. Based on his personal experience and supported by research, this book is a highly-valuable asset. Every year I teach around 400 students at the University. This book is worth being recommended to them all. It's a life changing perl.

Procrastination a kind of habit or a kind of mind set can be seen in ordinary people to extraordinary people. Author Damon Zahariades beautifully explained the types of procrastination and their impact and remedy for negative impact. Passive procrastination can be changed to active procrastination. There are 21 actionable steps. While reading I tried Eat the frog and 10 minutes action. It's very very effective. Definitely others too. A must read topic by author. All the best to Damon Zahariades for his future projects.

I like the book but have not finished it yet. I bought it because I liked what I saw. The author explains why we procrastinate. That's a good place to start. And guess what? There are many reasons for why we procrastinate. I should know! There are a lot of tactics for overcoming your "inner procrastinator." It all sounds very good and the book doesn't seem boring, which is one reason for why we procrastinate, and the main reason why I purchased it. The last thing a person who procrastinates needs is a boring book. I like this one.

This book had the incredible power of not only helping me understand the meaning of procrastination but more importantly helping me realize how this behaviour was dragging me back to inefficiency and increasing stress. As in Damon's other action guides, the book uses a simple language and practical examples to help the reader identify his/her areas of improvement and put in practice the tactics suggested in it. It is a practical guide rather than a theoretical book. Very easy and quick to read and understand. I highly recommend it to anyone who had never tried to understand more about procrastination and how to win the battle against it for a more productive and happier life!

"Procrastination" is a new word, or at least it is for some of us. It's interesting to feel something, to act on a way, and finally to know what is the source of that behavior. In this book not only we know what procrastination is, but, as the title of the book stands, what is the cure for it. In a really simple and understandable way the reader will know what is required to fight against procrastination and win the battle.

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