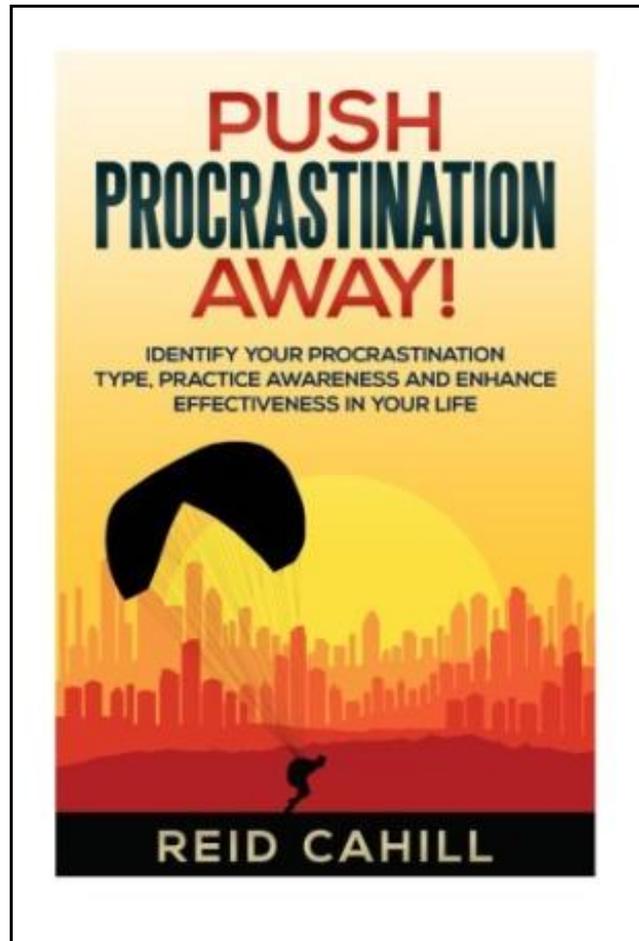


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## **PUSH PROCRASTINATION AWAY: IDENTIFY YOUR PROCRASTINATION TYPE, PRACTICE AWARENESS AND ENHANCE EFFECTIVENESS IN YOUR LIFE (PAPERBACK)**



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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 procrastination can be a front for hiding our insecurities about ourselves. Discover how to manage your habit in Push Procrastination Away No matter how long you ve struggled with delaying things, this guide will show you how to unlock the power of awareness and help you to confidently build a positive approach to leading a more fulfilling life. - Discover your Type There are ten different characteristics linked to procrastination and you may have more than one procrastination type. By discovering where your key distraction habits lay, you will be able to better understand the key moments that lead you...

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