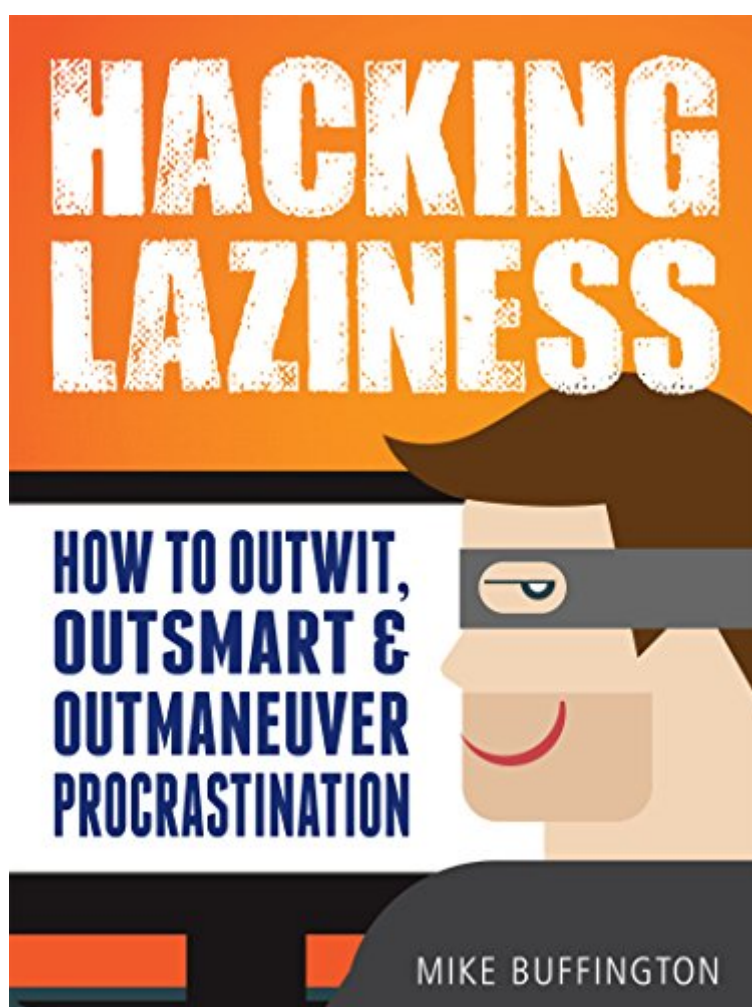The book was found

Hacking Laziness: How To Outwit, Outsmart & Outmaneuver Procrastination

Synopsis

Are you struggling with procrastination? Feeling like you are not reaching your full potential? Or do you just want to finally get things done?Procrastination will destroy your dreams if you let it. How can you defeat it? The answer is to understand its underlying structure, to "hack" its systems and bring it down. With this book, you will finally have the knowledge and tools to do so. That's what you'll learn in Hacking Laziness.Purchase: Hacking Laziness - How to Outwit, Outsmart & Outmaneuver ProcrastinationThis book will teach you how to completely and permanently defeat procrastination.You will learn:Exactly WHY you procrastinate, in any area of life. No other book reveals the fundamental cause of procrastination like this one.The four factors that can both cause and cure procrastination, and how to control them.How to make taking action effortless and automatic, rather than trying to force action through "willpower". Hacks to overcome the fear of success, the fear of failure, and a lack of confidence.A new understanding and approach to time management.Where to find the support you need.How to eliminate stumbling blocks that are holding you back.How to stop sabotaging yourself.How to launch yourself into action.How to make taking action a habit.Hacking Procrastination has all the tips and tricks you need for immediate results. But beyond that, it lays bare the underlying structure of procrastination, letting you defeat it at its own game.Click the "Buy Now" button at the top of this page.

Book Information

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Customer Reviews

Quick read. Dense with info and instructions. No waste. Nothing overdrawn. Increase the pain of not doing and the pleasure of doing and decrease the pain of doing and the pleasure of not doing. But he shows you very concrete methods and quick chapter summaries. So worth the 30 minutes to "scan"-read and the $1.99.

Great little book written in the Hack Style used in it, makes for a pleasurable and easy read. Enjoyed it.

Good book

good read, recommended

Sucinto y prÃƒÂ¡ctico

As someone who really suffered from this chronic disease, I can really say that this book helped me a lot overcoming my procrastination. The hacks at the end of every chapter are crystal clear, easy to understand and very practical. It helps that the book chapters are really short, no procrastinator would read a dictionary, right? I am living a better life thanks to this book.

As a lifetime procrastinator, I really appreciated the simple yet powerful suggestions the author presents in order to conquer this painful habit.It was so refreshing to find an author that doesn't waste half the book on the possible psychological "why's" of procrastination (e.g. Fear of Success, Fear of Failure..etc). Rather, he gives straightforward, doable, user-friendly suggestions that are easily implemented into your daily routine. I will be referring back to this jewel again and again!So now I'm off to tackle the cleaning out of the garage (Not surprisingly, a project I've procrastinated on for years, but now I feel that I'm primed and ready for success!!!)

I am the biggest procrastinator that I know of and am passing that ability to my children. After

reading this book I now have some help hints and tricks to change all that. One thing I really hate doing is cleaning house!! Just reading a few of his hacks I got myself motivated to clean house. I didn't do it all at once. I took lots so little breaks but kept going back to my task. It still isn't fun but now I can see that I have accomplished what I perceived as a daunting task can be done much easier. Thank you for this very helpful book.

Hacking Laziness: How to Outwit, Outsmart & Outmaneuver Procrastination Hacking: Ultimate Hacking for Beginners, How to Hack (Hacking, How to Hack, Hacking for Dummies, Computer Hacking) Hacking with Python: Beginner's Guide to Ethical Hacking, Basic Security, Penetration Testing, and Python Hacking (Python Programming, Hacking, Python Coding, Python and Hacking Book 3) Hacking University: Freshman Edition Essential BeginnerÃ¢ ¬â„¢s Guide on How to Become an Amateur Hacker (Hacking, How to Hack, Hacking for Beginners, Computer ... (Hacking Freedom and Data Driven Book 1) Hacking: How to Hack Computers, Basic Security and Penetration Testing (Hacking, How to Hack, Hacking for Dummies, Computer Hacking, penetration testing, basic security, arduino, python) Hacking: Wireless Hacking, How to Hack Wireless Networks, A Step-by-Step Guide for Beginners (How to Hack, Wireless Hacking, Penetration Testing, Social ... Security, Computer Hacking, Kali Linux) Travel Hacking: Secrets: The Definitive Beginner's Guide to Travel Hacking and Flight Hacking: How to Fly Anywhere for Free and Make the Airlines Pay for You Outsmart Math (Kaplan Outsmart) Outsmart Language Arts (Kaplan Outsmart) Outsmart History (Kaplan Outsmart) Beat Procrastination: Proven Methods for Motivation, Productivity, and Getting Things Done!: No Psychological theory, just simple solution to help you beat procrastination and take your life back! Time Management: Guide to Time Management Skills, Productivity, Procrastination and Getting Things Done (time management, procrastination, productivity, ... successful people, efficiency, schedule) Manipulation: How to Recognize and Outwit Emotional Manipulation and Mind Control in Your Relationships - 3rd Edition Outmaneuver Cancer: An Integrative Doctor's Journey Hacking: Computer Hacking, Security Testing, Penetration Testing, and Basic Security Hacking Made Simple: Full Beginners Guide To Master Hacking Hacking: Computer Hacking Beginners Guide How to Hack Wireless Network, Basic Security and Penetration Testing, Kali Linux, Your First Hack Hacking: Basic Security, Penetration Testing and How to Hack (hacking, how to hack, penetration testing, basic security, arduino, python, engineering Book 1) Java: 2017 Ultimate Beginners Guide to Learn Java Programming (java for dummies, java apps, java for beginners, java apps, hacking, hacking exposed) ... Programming, Developers, Coding, CSS, PHP) Hacking: Ultimate Hacking for

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