

How To Stop Procrastinating: Start Now and Don't Look Back

DAVID A. HUNTER



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Learn How To Deal With The Things That Are Holding You Back

Procrastination really needs to be called out for the enemy that it is. There are few things in life that are worse than procrastinating about something that you really need to do. We want to live our lives without spending so much time focusing on whether or not we should do something.

-Do you find it difficult to get started on certain tasks that you seem to dread doing?
-Do you find it difficult to keep your momentum going after you finally do get started on a task or project?
-Do you have certain fears that hold you back from pursuing your goals?

-Do you have certain fears that hold you back from pursuing your goals? -Do you allow self-doubt to overwhelm you?

This book will help you to identify and solve the problems that are causing you to procrastinate.

The fear of of uncertainty can lead to procrastination. This book will help you to move past this fear.

The fear of failure is another fear that this book will help you with. Learn the truth about failure and how it can actually be used to your advantage.

Learn how to deal with the fear of change. Making some changes in your life will be necessary if you wish to stop procrastinating, so this is a crucial step.

Staying focused on the present is usually a good idea, but thinking about the future can be helpful if it's done the right way. Find out how to improve the present by thinking about your future.

Being indecisive is not good when you are already struggling with procrastination. Learn how to avoid procrastination by being more decisive.

Time is important, but it won't be enough to simply keep track of it. You need to know how to use it to your fullest potential without wasting it. Don't delay your goals or other responsibilities any longer. Start now and don't look back.

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Paul Eastman:

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