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The Procrastinator's Handbook: Mastering the Art of Doing It Now (Paperback)

By Rita Emmett

WALKER CO, United States, 2000. Paperback. Book Condition: New. 173 x 130 mm. Language: English . Brand New Book. Almost everyone procrastinates. For some it causes problems and strains relationships at home and at work. For most people, though, procrastination is a frustrating or troublesome habit we would like to overcome. Rita Emmett will inspire you to get started. With humor and with advice drawn from her own triumph over procrastination and that of people she has met at her acclaimed seminars, she gives you proven tips and techniques for: - identifying how and why you put things off - motivating yourself to begin and finish unpleasant tasks - organizing your time and efforts to achieve your goals - developing strategies to move forward when stuck or reverting to old procrastination patternsFilled with useful advice and real-life stories of people who have overcome procrastination, and written with a winning touch, The Procrastinator's Handbook is as entertaining as it is helpful and rewarding. After reading it, you'll find that your self-esteem and your productivity grow.



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Reviews

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

-- Ms. Christy Ondricka DDS

This book is indeed gripping and fascinating. It normally is not going to price a lot of. I am very easily will get a delight of reading a created pdf.

-- Albertha Cartwright