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## Beyond Procrastination(tm): How to Stop Postponing Your Life (Paperback)

By Professor Renate Reimann

Freshlife Coaching, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Procrastination is a part of life. Some is fun, some is inconsequential and some does serious damage to our well-being. This book helps the reader to stop the negative kind. The Beyond Procrastination(TM) program, laid out here and based on real-life successes, charts an easy and effective path to greater productivity, increased confidence and a more balanced life. Beyond Procrastination(TM) faithfully covers traditional topics such as time management, organization, fear and perfectionism. But it also digs deeper, examining the larger socio-cultural picture of why procrastination is more prevalent than ever. In the face of relentless competition, electronic overload and pressured workplaces many use postponing tasks as an emergency break. Procrastination is not only a practical issue but one that carries enormous moral stigma. This book tells the stories of many talented and ambitious people who lost precious time and energy on feeling guilty about not living up to their potential. Working this program they were able to let go of the shame, clarify their true dreams and achieve them. For maximum benefit, the book is designed for complete flexibility and immediate impact. While the...



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