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Time Management: Learn tips and skills to slay your procrastination dragon: Set yourself free, achieve success and happiness (time management, productivity, success, skills, discipline)

Robert Davies

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Time Management: Slay Your Procrastination Dragon Today

Read on your PC, Mac, smart phone, tablet or Kindle device.
This book contains valuable information and proven techniques on how to be more effective and productive and to finally have the life you have always dreamed of. All you have to do is follow the techniques and apply them daily. The only way you can fail is if you quit.
Have you been struggling with time wasting and procrastination lately? Making it seem as if you are incompetent and lazy? Procrastination is a cunning thief and it steals the most important element in your life, Time. Time wasting damages your health by triggering stress and anxiety, destroys your reputation as an active and effective worker, ruins you financially and damages your relationship with loved ones.
It’s time for you to make constructive changes in your life. This comprehensive book on time management will show you how to derive the optimal efficiency and satisfaction out of your day. Based on the latest scientific research, this book is packed with smart tactics and handy time management tools and techniques. This guide comes with a surefire plan to slay your procrastination dragon and set yourself free to achieve success and happiness. This book goes well beyond the typical “Time Management” and “Beat Procrastination” advice and touches every aspect of your life demonstrating how you can use every minute of your day productively. So stop wasting more time, start reading this book and live productively.

What You Will Learn...

- How to manage your energy, not your time
- Declutter your house to avoid procrastination
- How to organize your office to manage your work hours
- How to develop constructive habits to eliminate procrastination
- Methods of productivity
- How to eliminate distraction and keep focused
- How to manage stress
- Effective time management techniques
- And Much, much more!

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Topics included in the book: Time managements techniques, motivation, happiness, stop procrastination,

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