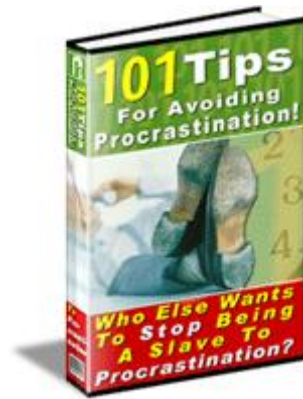


# 101 Tips For Avoiding Procrastination



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See how easily you can eliminate procrastination and take back control of your life. Who Else Wants To Stop Being A Slave To Procrastination? Are you ready to start ramming your head into the wall as a punishment for repeated procrastination? No matter what you do, what you promise yourself, you never seem to be able to get your work, chores, or projects done. It can happen to the best of us and it's a hard habit to break. Let me ask you this... ...As a procrastinator, are you having trouble meeting your personal and professional goals? Are you in the same place you were a year ago? These are the terrible effects waiting 'til the last minute can place on all of us. If procrastinating is slowing your life down to a halt, you need to do something fast. You need... ...101 Tips For Avoiding Procrastination! Greetings Friend, Feel like you've hit rock bottom yet? It hurts to procrastinate. Your boss sets your due date a few weeks away and you promise you'll get started right away. But for whatever reason, despite your best intentions, somehow you always seem to wait 'til the last minute. Living for weeks with a project over your head can be tough. And very stressful. Especially when finishing it late means getting a late start on your next project. If you want to reach your personal and professional goals, you must attack procrastination like Mr. Clean attacks a kitchen. Give Me 45 Minutes And You'll Have A Battle Plan For Attacking Procrastination At It's Source! Have you been a procrastinator your entire life? If you have, isn't it time you do something about it? Within my 50 page guide, 101 Tips For Avoiding Procrastination, you'll learn all the tricks, methods, and strategies for beating down your bad habit. And you can start the battle in minutes from now by downloading my guide to your PC. ...here is just SOME of the information you will find inside: = How to prepare yourself for the battle against procrastination. (Page 5) = 12 ways people

procrastinate everyday (sometimes without realizing it). (Pages 5-6) = How you can get the upper-hand on procrastination (by dealing with consequences). (Page 6) = The secret tool you can create in your mind (kind of like a mental calculator) that will help you open your eyes to the problem. (Pages 7-8) = 21 phone numbers to have nearby to save you time... and keep you from getting distracted. (Pages 8-9) = Why successful people are used to getting things done (which keeps them from procrastinating) and how you can be too. (Page 10) = When you need some inspiration, here's a mantra you can recite to revitalize your energy and finish out your day strong. (Page 11) = An easy way people who beat procrastination keep from dwelling on their past failures. (Pages 11-12) = 11 time-wasters you and your family may be suffering from day-in and day-out. (Page 14) = How to handle chores without wasting time. (Pages 14-15) = The secret to using small steps to complete huge tasks. (Pages 15-16) = How procrastinating can lead to huge bills (that you've never even considered). (Page 16) = When you need to keep up with schoolwork, here's how to use the professor to your advantage. (Page 17) = How to keep your significant other from being your biggest distraction (and excuse). (Page 19) = The secret to tackling a huge report, project, or term paper. (Page 21) = How to seek out friends at work who want you to get things done and how to avoid the backstabbers. (Page 23) = An easy way to take care of email and voicemail messages that really aren't so important. (Page 27) = Why the hardest job to do is the job you should do first. (Pages 27-28) = Why you should stay away from the water fountain at work. (Page 29) = How to make sure you're not procrastinating by working with someone else. (Page 31) = The secret to getting other procrastinators to leave your office when you're working (without being rude or saying a word). (Page 32) = 5 reasons to stop putting off breaking up with your partner. (Page 34) = How straight-forward people (who get things done) make sure their family isn't keeping them from completing their work. (Page 36) = When to tell your friends NO! (Pages 36-37) = 13 health symptoms you should not procrastinate in getting checked out. (Pages 38-39) = 5 reasons to stop waiting to lose the weight. (Pages 39-40) = How to know when it's time to see a psychologist. (Pages 42-43) = When procrastination can lead to serious health concerns. (Pages 43-44) = 16 things to do today you've probably been procrastinating on. (Pages 46-53) And there's MUCH more Grab Your Copy Of 101 Tips For Avoiding Procrastination Now!

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