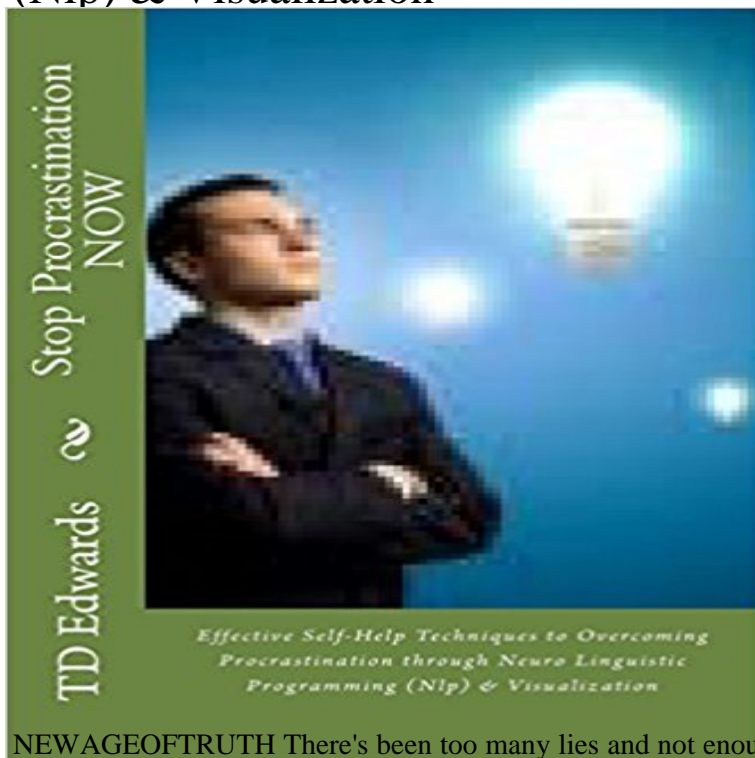


Stop Procrastination NOW: Effective Self-Help Techniques to Overcoming Procrastination through Neuro Linguistic Programming (Nlp) & Visualization



Procrastination is the habit of postponing action or putting off the things that you should be doing right now for others. This can become a regular pattern of behavior and if not checked in time, the habit of procrastination can easily set in. The reasons why people procrastinate vary from lack of clearly defined goals, underestimating the difficulty of the tasks etc This book explores several time-proven techniques for overcoming procrastination and bidding the habit farewell for good.

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