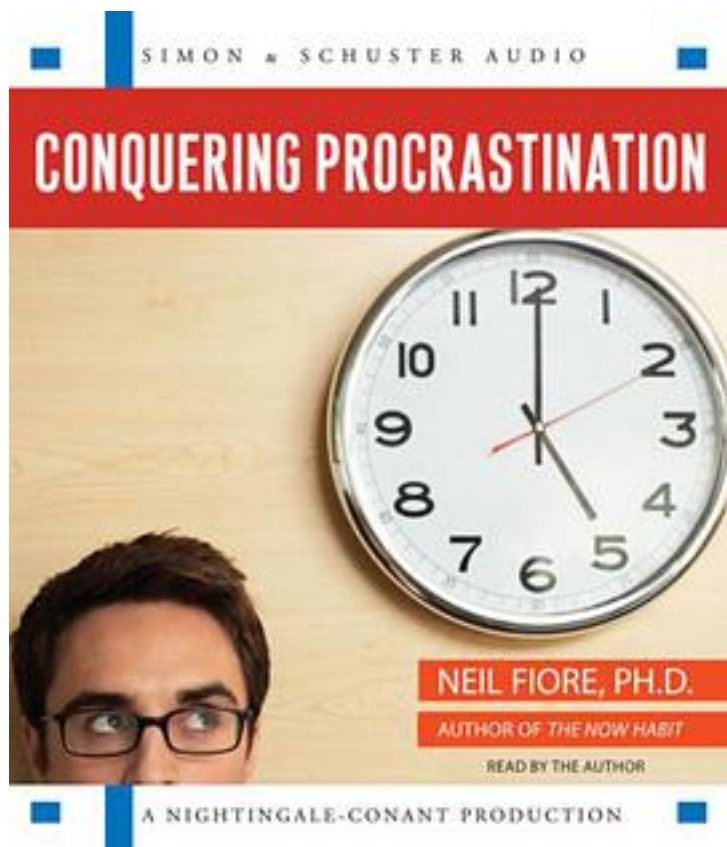


Conquering Procrastination



[Conquering Procrastination_下载链接1](#)

著者:Neil Fiore

出版者:Nightingale-Conant

出版时间:2008-09-02

装帧:Audio CD

isbn:9780743573108

Conquering Procrastination: How to Stop Stalling and Start Achieving has the solutions to defeating procrastination and making time a positive force in listeners' lives. Dr Neil Fiore helps listeners recognize the three fears most commonly at procrastination's core-fear of being controlled, fear of being judged, fear of missing out on the good things in life. By learning about them and understanding them, listeners can put them to work for them and not against them. Listeners will learn how to: * Use self-talk to

respond to counterproductive internal messages * Make worry work for them *
Schedule guilt-free play as a motivating method * Set realistic goals so that they can
meet important deadlines * Use the flow state to become more focused, energized and
concentrated With the proven techniques revealed in Conquering Procrastination:
How to Stop Stalling and Start Achieving, they'll eliminate the causes and effects of
procrastination - and take advantage of time instead of letting it take advantage of
them.

作者介绍:

目录:

[Conquering Procrastination_ 下载链接1](#)

标签

评论

[Conquering Procrastination_ 下载链接1](#)

书评

[Conquering Procrastination_ 下载链接1](#)