

THE TOMORROW TRAP



*Unlocking the Secrets of the
Procrastination-Protection Syndrome*

KAREN E. PETERSON, PH.D.

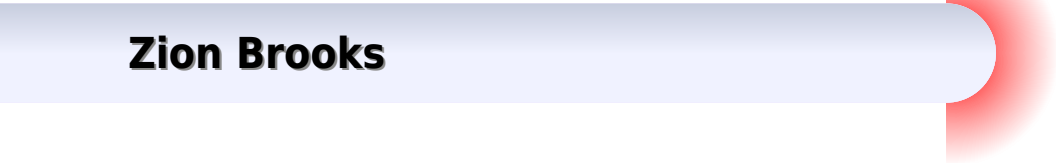
"When one is ready, the teacher appears. The lesson of this book may well be that teacher in your life. Do start now. Stop procrastinating and read it. Your life can be changed."

—Bernie Siegel, M.D.

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The Tomorrow Trap Unlocking The Secrets Of The Procrastination Protection Syndrome

Zion Brooks



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the Perfectionist waiting for everything to be just right The Dreamer lost in big ideas but struggling to start Or perhaps the Busy Avoider filling your schedule with distractions while avoiding what truly matters Do it Now! Tomorrow Might Be Too Late Ginette K Fotso,2020-07-17 Many of us have been there You have been granted 30 days to plan for a term paper but you are not really working on the paper before the deadline is pre eminent You would rather be doing just anything other than working on tasks you know that you must work on You think you are going to stop putting off things starting tomorrow Etc This can be regarded as Procrastination which is a constant attempt to push off challenging tasks that needs to be done now Someone said procrastination is like a credit card you can have a lot of fun until you get the bill Do it Now Tomorrow might be too late Partly based on personal experiences the present book uncovers the causes and types of procrastination with the aim of helping you to uproot it from your live With this book you have a well sized gadget printed with real life experiences to deploy your full potential and tackle your most challenging tasks and projects starting now It s all About your decision your discipline and your Determination A Must have for someone who keeps stuff off when it gets down tomorrow Get rid of all the stress and hectic that come along with procrastination If you planned to read many books on procrastination read this first and please do it now tomorrow might be too late **Simple Solutions To Procrastination** Nannette Resnick,2021-07-12 Procrastination is a common habit that many people have We ve all procrastinated at some point in our lives In particular the researchers say that this problem is most apparent in students Over time this procrastination habit not only reduces our productivity but also affects our health So why don t we learn to get rid of it In this brilliant book you ll discover How to beat procrastination once and for all How to save time money by trying different methods to beat procrastination and going directly to what actually WORKS Unlike other procrastination books in this book you will get step by step instructions to beat procrastination slowly and surely Be proud of yourself your work ethics and your outcomes Enjoy a life of abundance high self esteem and sharp work ethics And much much more *Procrastination and the Secrets Behind: Overcoming Procrastination and Achieving Peak Performance* Larry Cantre,2021-02-12 Understand your procrastination and breakthrough to productivity Many different factors can trigger procrastination The good news is you re not lazy or undisciplined and you can achieve real productivity Discover the psychological factors that drive your procrastination habits and unlock the secrets to overcoming them With this research based approach you can learn to stop procrastinating finish projects and accomplish your goals In this Procrastination Self Help Book you will discover The science behind crushing procrastination How to escape social media traps that engage you for hours on end The importance of eating the right foods to boost your productivity How to overcome previous fears of failure judgment and rejection Powerful action based tips to reach your goals faster How to discipline yourself physically mentally and emotionally Techniques to master the art of time management When you are empowered to work along with your brain rather than against it you ll be able to take control and create lasting change Stop procrastinating and purchase this book today

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