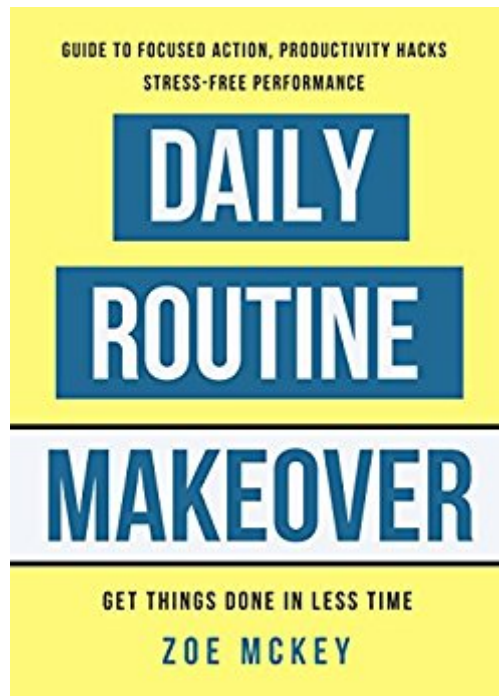


The book was found

Daily Routine Makeover: Guide To Focused Action, Productivity Hacks, Stress-Free Performance - Get Things Done In Less Time



Synopsis

Do you ever procrastinate? Do you somehow convince yourself that your tasks can always wait when they can't? Do all the tasks you put off for a long time overwhelm you? And when the deadline arrives – "Panic Time!! You don't know where to start. The time to start changing is right now. Otherwise, you are in the danger that you never will. Learn to focus on your most important tasks and get them done before deadline. Daily Routine Makeover examines the causes and solutions of procrastination like no other book before. You'll get to know the various ways how procrastination invades your life. Then I share with you easily learnable and executable solutions that will make your day more productive, focused on the tasks that really matter. These solutions helped billionaires, normal people, students – basically everybody who used them. This book shows all you have to know about how to make over your delaying habits into new, productive systems in only 28 days. What's more, you'll get seven different valuable programs to destroy your delaying habits. Add to these numerous examples and real-life experiences to illustrate the programs. I used to have terrible habits and was a master procrastinator, and it troubled me a lot feeling stuck in a rut. I read lots of books on the topic, I tried many tips, and I collected the best and most effective ones in this book. Right now I can manage my day-to-day routine in a system where I can fit the family, my friends, time spent on research and writing and coaching also. It's all about the right system, and this book will teach you that – tailor made to your specific problem. What will you learn from Daily Routine Makeover? - How to acknowledge and start acting against procrastination. - Build new productivity habits. - Easy and quick way how to rank the importance of your tasks. - Change your routines from passive to active – NOW. What tools will Daily Routine Makeover give you? - How to finish what you started effortlessly. - Power habits to overcome any cause of procrastination. - Detailed action plans for seven types of procrastinators. - 21 signs that help you prevent procrastination. Also – You'll be able to reach your maximal productivity and greatest potential. - You'll learn to think in a system that excludes procrastination. - Learn how to identify your most important tasks following a simple mathematical formula. - Be able to identify 280 tasks, rank them and finish minimum 28 in just 4 weeks. - You'll never feel the numbing pressure of routine again. - You'll learn to be disciplined and build instinctive productivity habits. Drop procrastination. Decide to be productive, disciplined and determined to be successful. Are you ready to work for it? Then hit Buy Now at the top right corner of this page and get started!

Book Information

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Customer Reviews

If you're willing to understand and end procrastination, become more productive and change your entire routine in just 28 days this is the book. Read it and when you get to the end, read it again. Follow the instructions and you will experience major changes after the first week. I got this book in exchange for an honest review like 2 weeks ago, I read it in like 3 hours. I recognised myself being a worrier procrastinator and I started implementing the actions were suggested to do. Today, after two weeks of daily practice I realize that the day went by, I solved everything I had to and my phone is silent. Nobody harasses me why didn't I finish this or that. I only can praise this book. Totally game changer to me.

Ms McKey's book is a good find. It explores procrastination in a little bit deeper sense giving a profound explanation of the causes and effects. Instead of focusing only on time-management, the book explores why an individual might be feeling so aversive to a task in the first place. The book is peppered with a quality set of techniques that will actually work (if you do them.)

This book has both the strengths of practical and theoretical qualities. I loved it. I liked about it that it explains a few theoretical principals related to the way the brain works, but not too many. It keeps the subject flow down to earth and it introduces the reader in a very simple, common sense manner to a set of real life tools. The book is really helpful. I managed to setup my own system using the 28 day plan. The book is free of superfluous pep talk, it is based on research, personal experience built on years of consulting individuals.

If this doesn't get you up and moving to do what you want to do I don't know what will!!! Great book!! already started to write my 1st day program and finished a task I was delaying for a month.

This book is so simple and powerful. Take the effort to buy this one and it will change the way you do things forever. I used to spend all my time trying to be all things to all people and never accomplish anything quickly. Now I focus my time on what matters most and accomplish so much more.

The author explains the complex psychological mechanics behind what we simply call 'procrastination' in this book. She does it so well that we can see procrastination is just an outward symptom of much more complex subconscious processes that go on in our brains. She also gives hands on, actionable tips how to get over it. In the beginning I felt it a bit repetitive but then I realized that this is exactly the purpose. First I read what should I do I just passed it, second time I felt, ok maybe, but the third time I sat down and started doing what the book said. She made me face my procrastination more and more each time I said no to the exercises. Brilliant!

This book was a game changer for me. It is written in a well-worded, straightforward manner and consists of no-nonsense solutions to getting started on the tasks that we all avoid. It has made me aware of how many times during the day I choose to do the 'easy' task over the one that is most important. Well worth the read, everyone.

Hi, I found this book really helpful. It gave me an insight that no other book gave me about how to improve my everyday life before. I bought it as a holiday book but it was much more than that. I procrastinate - guilty. I am the typical negative procrastinator as I found out reading this book. Don't know who this woman author is, but she gave a step-by-step solution sample for my exact

problems.

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