



How to Approach your Procrastination Problem: And increase productivity in your life (Why you do it and what to do about it now, cure procrastination)

Monika Herrmann

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Do you procrastinate?

Everyone procrastinates in life to some degree


The purpose of this book is to help people figure out why they procrastinate, how they procrastinate, what consequences procrastination has and what they can do about it.

Thank you for your interest in this book. It means you've **taken a first step** (interest) in conquering your procrastination in life. Reducing procrastination in your life is a freeing, beautiful experience that opens up many doors!

So what are you waiting for? Quit procrastinating and check out this book!

tags: procrastination, self help, improve your life, productivity

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