



Procrastination: 13 Ways to Develop An Effective Time Management Mindset & Increase Productivity without Burning Out Or Getting Overwhelmed With Everyday Tasks

Jacob Westlin

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Do you find it hard to get motivated enough to make progress in your life? Do you find that other people are just effortlessly motivated while you are struggling to get by?

This book is going to show you the psychology behind motivation. I'm going to take you step by step and show you how people that are motivated view the world, and how you can do the same. I'm going to show you how to make the carrot at the end of the stick appear so irresistible that you have no choice but to take action and move towards your goals.

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