



## The More You Do the Better You Feel: How to Overcome Procrastination and Live a Happier Life (Paperback)

By David Parker

Darwin Bay Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The More You Do The Better You Feel: How to Overcome Procrastination and Live a Happier Life [Paperback] David Parker (Author) This practical book is loaded with proven ideas to help you overcome procrastination and get more done. -Brian Tracy, Author of the International Bestseller: Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time A well put together informative book that brings awareness to disabling and habitual procrastinating behavior patterns. This is the best self-help book I have read in years! -Kenneth Reddan PhD, LCSW Are You A Human Ostrich? Do you stick your head in the sand at the thought of dealing with a task that seems boring, complicated, or unpleasant? Do you pay your bills late because the last time you balanced your checkbook was more than six months ago? While working on a task do you keep thinking you should be dealing with a different task? Is your living space messy and your life unorganized? Do you clean up only when family or friends will be...



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