



## Stop Pressing Snooze (Paperback)

By Bill Hickie

Lulu.com, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How many times has your alarm gone off, you look at the time, think of the tasks ahead, look at the time again and then press the snooze button. It s so easy; it feels so right, it can t be wrong. Don t be fooled.it is wrong. It s wrong because, you set that alarm, you made that plan to get up, but you didn t make it, you didn t do it, you gave up. That behaviour of putting off the inevitable, taking the easy route and seeking temporary satisfaction becomes habitual. Things never get done, life passes you by. Don t let that be you. Stop Pressing Snooze breaks the habits, and provides 100 anecdotes, tips and tools to help eradicate the debilitating behaviours linked to procrastination and, in-turn, poor productivity. Avoid Procrastination Get Proactive Increase Productivity Take the first step and start the change. Stop Pressing Snooze.

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