



## Productivity Habits: How to Build Good Habits, Stop Procrastination, and Increase Your Productivity (Paperback)

By Grace Bell

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Productivity Habits Habits are small routines that shape our daily lives. From the moment you wake up in the morning and decide what you do first, to the moment you rest your head on the pillow at night, your habits determine how you act, and, in most cases, who you are. Positive habits get us what we want, whether it is a good career, wealth, or happiness. On the other hand, bad habits, such as smoking and procrastination, keep us from reaching our goals and the life we are otherwise capable of living. This book will provide you with effective strategies and tips for building productivity habits that will consistently move you toward your goals. By reading this book, you will learn: - how habits work, - how to form good habits in just a few steps, - how to identify the causes and triggers of bad habits and replace them, - habits of successful people, - how to set your goals and priorities, - how to stop procrastinating and multitasking, and much more! In today s busy world, it is...



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