



The Power Of Habit: Proven Techniques To Overcome Procrastination, And Increase Your Productivity!! (The Power Of Habit: Overcome Procrastination, We Do What We Do; Audible Audiobook)

John Korsh

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The Power Of Habit: Learn The Proven Techniques To Conquer Your Procrastination, And Become A More Productive Person!!

Procrastination was never a stranger and never will be stranger to human. It existed in the society for a very long time, and existed in many cultures and regions alike. The word procrastination comes from the Latin word 'pro' and 'crastinus'. 'pro' means forward and 'crastinus' means tomorrow. Together it means to delay and postpone a work that is supposed to be completed right away.

Every human procrastinates. Procrastination comes to a person naturally, it only becomes important when you begin to procrastinate deliberately. When you start looking for reasons and other issues just to procrastinate your work then it is a very bad habit and you will need to rectify it right away.

Procrastination happens in every field and in every category. The range of procrastination also varies in each of the category. For example, academic procrastination happens for around 40% of the students put off their assignment works and other writing works and around 30% students put off their studying for exams. But the interesting thing and the upside that was revealed in these statistics is that 60% of the total students hated and wanted to eliminate their habit of procrastination.

The common actions and other situations that are faced by the procrastinators include:

Avoiding the local places and other regions where the task that is being procrastinated is taking place

Engaging and immersing in other activities and actions such that they forget about the procrastinated task

Making themselves content and comfortable by comparing their own situation with another person whose situation is even worse

Procrastinating work because they are just plain lazy

Emphasising on the satisfaction and the happiness they achieved by doing something else and hence supporting their act of procrastination

Procrastination can also be linked to as the side effect of a person's mental or other physiological illness.

They are often linked to the habits such as poor concentration, lack of interest in studies, depression, anxiety and these situations also act as a catalyst in the process of procrastination.

Here Is A Preview Of What You Will Learn:

- In **The Power Of Habit** , you will learn, history and how to end procrastination
- In **The Power Of Habit** , you will find causes and master plan of procrastination

Click the Buy Now With One Click Button, and learn everything about Procrastination.

Tags: the power of habit, the power of habit why we do what we do in life, the power of habit charles duhigg

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