



Self-Discipline: How To Develop Good Habits

K.C. Rowntree

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Dramatically Increase Your Productivity!

Would you like to feel:

- Confident?
- In Control?
- Focused?
- *and* Motivated?

If so, *Self-Discipline: How to Develop Good Habits* is the book for you. You'll discover the root causes of procrastination, what it costs you, and how to break this habit. It's time to stop dreaming and start doing!

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With *Self-Discipline: How to Develop Good Habits*, you can break assignments down into small tasks, create to-do lists and specific deadlines, and schedule your time. By using rewards and incentives, you can stop being a perfectionist – and even reach out for help from others!

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This essential guidebook will help you turn “procrastinator talk” into “productivity talk”. You'll learn the **Five Minute Technique** and how using the calendar can motivate you. You'll be amazed by the many powerful productivity techniques in *Self-Discipline: How to Develop Good Habits!*

This book even describes the poor time management habits you should avoid—such as laziness and perfectionism—and offers specific techniques for turning things around!

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