



Get More Done in Less Time: How to Be More Productive and Stop Procrastinating: (Increase Productivity, Overcome Procrastination, and Get Motivated) (Productivity & Motivation 101)

Beau Norton

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Do you find it difficult to motivate yourself? Would you like to achieve your goals quicker and have more free time to enjoy yourself? How would your life change if you could triple, even quadruple your productivity?

This book provides you with actionable steps that some of the most successful people in the world use to dramatically increase their productivity and the amount of success they see in their lives. It is all given to you in an easy-to-digest formula in this life-changing book. The information within this book has the potential to not only increase your productivity, but also to completely change your life in ways that you couldn't imagine. Recent scientific and psychological studies have proven that using the powers of the human mind, one can actually manifest everything they desire to achieve or accomplish in very short amounts of time. This book combines the scientific and mysterious aspects of reaching goals with practical and actionable methods to make the process of getting more done in less time straightforward and simple. Practicing any of the strategies and techniques mentioned in this book will positively affect your life. Practicing all of them will completely shatter your current reality and lead you to a life of massive success and achievement.

Topics covered in this book include:

Intrinsic Motivation

Goal Setting

Visualization

Self-talk

Time Management

Morning routines

Eliminating distractions

Productive time blocks

Creating Incentives

Reward systems

Fear systems

Publicizing intentions

Building Momentum

Re-framing beliefs

The small things

Mastermind groups

Enjoying the process

ABOUT THE AUTHOR:

My name is Beau, and I have been studying success and personal achievement for over 3 years. I have learned from some of the most successful people in the world what it takes to get stuff done and be successful in life. I have incorporated everything I've learned into my own life and have seen incredible results. My goal is to share what I have learned with as many people as possible so that they can go on to live successful and fulfilling lives.

I am very passionate about personal development and love to help people. I write and I run a blog at <http://www.healthandhappinessfoundation.com>. Besides that, I love to eat healthy food, play all types of sports, read, travel, talk about science and philosophy, and give back to the community. I hope that you will join me on my journey of personal growth so that we can all grow together and make this world a better place!

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