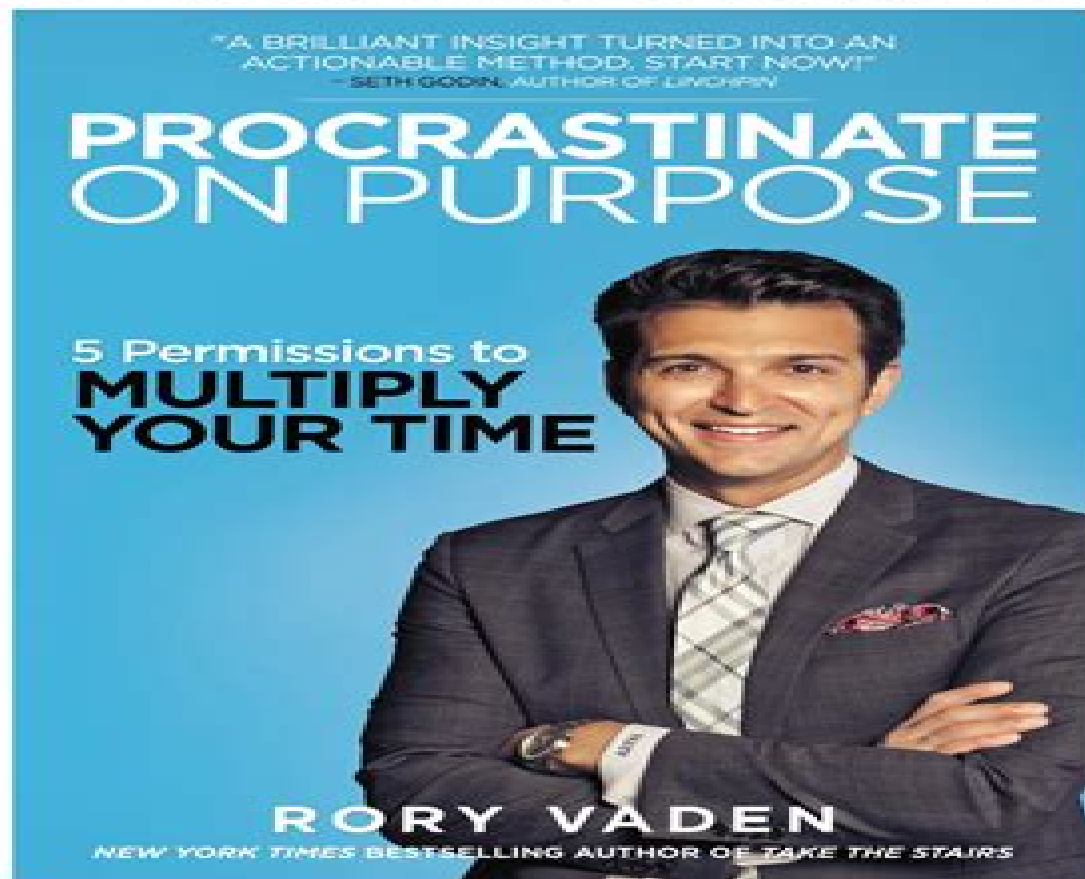


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Description :

Rory Vaden (Take the Stairs) brings his high-energy approach and can-do spirit to the most nagging problem in our professional lives: stalled productivity. Whether we're overworked, organizationally challenged, or have a motivation issue that's holding us back, millions of us are struggling to get things done. In this simple yet powerful new book, Procrastinate on Purpose, Vaden presents the five permissions that set us free to do our best work on time and without wasting energy battling stress and anxiety.

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QuickRead, Lea Schullery



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Procrastinate on Purpose Rory Vaden, 2015 You've tried managing your time You've tried prioritizing your time Now discover how to multiply it Do you feel like you're busier than ever yet never caught up You're not alone Many of us are tired frustrated and stressed from being overworked at the office and at home with no concrete plan for getting it all under control without compromising our well-being In *Procrastinate on Purpose* self-discipline strategist Rory Vaden presents a different approach for how to identify and focus on what's important Instead of one more calendar checklist or gadget he points out that what we really need is an understanding of the emotional reasons we fail to maximize our time and he then reveals the five permissions we can grant ourselves in order to get better results while creating more margin in our daily lives In this paradigm-shifting book you will discover how to Identify your most significant priorities in business and in life Create more time to do the things you love without sacrificing results Say no to the things that don't matter and yes to the things that do Implement systems that give you more time tomorrow than you have today Gain control and inner peace by adopting the multiplier mindset Informed by Southwestern Consulting's work with thousands of busy clients and interspersed with Vaden's case studies that reveal the multiplier mindset at work this insightful practical book will turn everything you thought you knew about time upside down and it will change the way you work and live From the New York Times bestselling author of *Take the Stairs* A bold new way to get things done Managing your time is a lot like managing your money It's not about the numbers it's about your behavior The best time management tricks in the world won't do you much good if they don't actually make your life better In *Procrastinate on Purpose* Rory builds on what we've all heard about time management and adds the two things that have always been missing emotion and significance Dave Ramsey New York Times bestselling author and nationally syndicated radio show host If you've ever thought I wish I had more time read the great principles of this book And then I dare you to do what Rory does live them Jon Acuff New York Times bestselling author of *Start and Quitter* *Procrastinate on Purpose* will alter the way the professional world thinks about time I've never read anything like it Useful unique and relevant this is an absolute must-read for every leader Sue Schick CEO of UnitedHealthcare of Pennsylvania and Delaware This book is a game-changer Jon Gordon bestselling author of *The Energy Bus* and *The Carpenter* Every once in a while a book comes along that completely shifts the way an entire generation thinks about a specific topic When it comes to time management and productivity *Procrastinate on Purpose* may be the one Andy Andrews New York Times bestselling author of *The Traveler's Gift* and *The Noticer* **Procrastinate on Purpose Deluxe** Rory Vaden, 2015-01-06 Rory Vaden *Take the Stairs* brings his high-energy approach and can-do spirit to the most nagging problem in our professional lives stalled productivity Whether we're overworked organizationally challenged or have a motivation issue that's holding us back millions of us are struggling to get things done In this simple yet powerful new book *Procrastinate on Purpose* Vaden presents the five permissions that set us free to do our best work on time and without wasting energy battling stress and

anxiety Using the POP model readers will learn to Eliminate Automate Delegate Consolidate Procrastinate yes you heard that right Anyone seeking to up their game do meaningful work and ditch the stress of looming deadlines and too many tasks on the front burner will embrace this smart insightful guide **Workday Warrior** Ann Gomez,2022-12-06 Reclaim control of your workday with a proven time saving method Life is busier than ever before We are working longer hours to keep up with longer to do lists Yet we re experiencing more stress and seem to fall further and further behind Our so called leisure time is punctuated with interruptions constantly pulling us back to work We are led to believe we can prioritize our way out of this but prioritization is broken In Workday Warrior productivity expert Ann Gomez presents a fresh approach that smashes today s time challenges too many priorities too many interruptions and too much complexity We don t need more willpower discipline or hours in our day Instead we need a straightforward approach to help us reclaim our time and upgrade our work habits We need to concentrate our priori ties protect our time and simplify our work to amplify our results This book will help you become a Workday Warrior Find more time in your day play at a higher level and feel more in control of your time Your work and life will never be the same **La era post empleo** Omar Rodríguez,2025-06-01 El 30 de noviembre de 2022 la empresa Open AI present la primera versi n de ChatGPT As puso a disposici n de todo el mundo una herramienta de inteligencia artificial accesible y de f cil utilizaci n Si bien no se trat de algo inesperado la novedad aceler a n m s la revoluci n tecnol gica en la que estamos inmersos y polariz los debates en torno a un futuro que de pronto se volvi tan disruptivo como inminente En el centro de esas especulaciones est la idea de que las m quinas se queden con la gran mayor a de los trabajos humanos que hoy conocemos Los pron sticos son muy variados pero lo que parece claro es que vamos a necesitar repensar el trabajo desde nuevas categor as Este libro pretende ayudarnos a afrontar este desaf o Entender el mundo que se viene es entender el trabajo que se va y abandonar muchos de los paradigmas que han regido la vida laboral hasta el momento Si queremos algo nuevo para nuestras vidas necesitamos que el trabajo deje de ser un empleo Y parad jicamente ser n las m quinas que amenazan nuestros actuales empleos las que nos ayuden a descubrir en qu consiste el trabajo humano y cu les son las verdaderas expectativas que podemos poner en l Quiz s esta sea la disrupci n m s importante que est incubando el nuevo siglo Porque mientras el trabajo siga siendo un empleo ning n adelanto tecnol gico nos cambiar significativamente la vida Nada ser verdaderamente disruptivo para nuestra manera de vivir si nuestra manera de trabajar sigue siendo la misma **Summary of Procrastinate on Purpose by Rory Vaden** QuickRead,Lea Schullery, The revolutionary guide on how to maximize your time and stop wasting it on tasks that won t earn you money Time is money So what s the best way to ensure you are utilizing your time and maximizing your money By procrastinating You heard that right By following the procrastination on purpose model you ll learn how to eliminate automate delegate concentrate and yes procrastinate Perhaps you find yourself too busy in today s modern world you might feel that you can t get anything done and that there are simply not enough hours in a day Successful people have the same number of hours as everyone else so what s

the difference They've learned how to multiply their time and now you can too with Rory Vaden's *Procrastinate on Purpose* Throughout this book you'll learn how to adopt a Multiplier's mindset use the focus funnel to prioritize tasks and learn how procrastination can maximize your time and money Do you want more free book summaries like this Download our app for free at <https://www.QuickRead.com> App and get access to hundreds of free book and audiobook summaries DISCLAIMER This book summary is meant as a preview and not a replacement for the original work If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be If you are the original author of any book on QuickRead and want us to remove it please contact us at hello@quickread.com

Stop Procrastinating Nils Salzgeber, 2018-04-13 Do you feel like your potential is severely limited due to your procrastination habit Are you tired of the guilt stress and overwhelm that comes with procrastination Do you want to learn the secret to getting things done quickly and effectively so that you can increase your success in all areas of life In this no fluff and action oriented book you'll discover the real reason behind your procrastination there's only one and you'll find potent tools to help you overcome procrastination for good In *Stop Procrastinating* You'll Discover More than 20 science based strategies designed to help you overcome laziness free yourself from excessive guilt and get things done whether you feel like it or not A simple strategy for programming your unconscious mind to act in any way you like New research explaining differences between procrastinators and non procrastinators Hint procrastination is not your fault Why criticizing yourself always leads to more procrastination and what to do instead The 30 second trick to build instant habits so you can wake up early exercise regularly and get more done without wasting any willpower A quick walkthrough of the new science of willpower why you need it easy ways to get more of it and step by step advice on how you'll use it to overcome procrastination Why your granny doesn't procrastinate the alarming link between technology distractions and procrastination and what you must do to escape this trap Rarely discussed but highly researched strategies that tackle the root cause of procrastination allowing you to quickly relieve guilt feel better about yourself and as a result get more done Whether you're a failing student aspiring entrepreneur stay at home mom or just someone who's constantly struggling for motivation know that by following the information in *Stop Procrastinating* you can overcome procrastination More importantly you can finally realize your potential go after your dreams and enjoy life without constantly feeling guilty or stressed out Don't wait Learn How to Overcome Procrastination by Clicking the Buy Now Button at the Top of the Page

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