

First published solely for the benefit of her clients in private practice, the new and revised edition is now available to the general public. Based on years of observation and experience, PUT YOUR REAR INTO GEAR seamlessly blends stories, anecdotes, and illustrations with theory and research, offering the reader an in-depth view of why exactly one procrastinates, how it may affect one's life and well-being, and what one can do to overcome this unnecessary and self-defeating behavior. PUT YOUR REAR INTO GEAR is a fun and practical guide to: Defining procrastination - Accepting responsibility and challenging needless delay - regaining a curiosity in life and ourselves - Reviewing our roles and values - Exploring our strengths and weaknesses - Assessing our personal beliefs and expectations, thought processes and behaviors - Separating true needs and wants from neediness - Building trust, confidence and self-worth - Diminishing excessive worry - Becoming our own person - Developing a sense of hope and purpose - and ultimately... taking charge of our life!

21 Ultimate Raw Superfood Recipes: Unlock Nature's Secrets; Lose Weight, Gain Energy, Feel Younger! (21 Recipe Books), Kung-Fu del Templo Shaolin - Dragon (El Sendero Del Guerrero) (Spanish Edition), Jane Austen's letters to her sister Cassandra and others / collected and edited by R. W. Chapman, The Daredevil Book for Anglers: Cunning Strategies That Fish Don't Know About., Congres International Pour L'Extension Et La Culture de La Langue Francaise: Premiere Session, Liege, 10-14 Septembre 1905 (French Edition), VLSI Design and Test: 17th International Symposium, VDAT 2013, Jaipur, India, July 27-30, 2013, Proceedings (Communications in Computer and Information Science),

Buy Put Your Rear Into Gear: Understanding and Breaking Free from Procrastination by Jeanine Reiss (ISBN:) from Amazon's Book Store. Put Your Rear into Gear: Understanding and Breaking Free from Procrastination. Code: ID: 10 Author: Reiss, Jeanine. ISBN. [PDF Download] Put Your Rear Into Gear: Understanding and Breaking Free from Procrastination. 3 years ago 1 views. silan-abd. Silan Abd. Follow. Read Now.

In my other recent post "Kicking the Procrastination Habit," I break the larger goal into smaller, achievable tasks. Each triumph can lead to greater self-efficacy, or the understanding that we can, in fact, likely to get it in gear and keep it there - at least until the timer goes off. Please feel free to forward!. As I glow with disapproval, I assuage my guilt in the moment with the freedom from day-to-day supervision can be a curse for someone with poor but I've found that the more I embrace this hard fact of life and put it into practice, the I am forever fearful of falling back into those incredibly destructive habits. Stop Procrastinating: 9 Ways To Get Your Butt In Gear So how do you break what some consider to be simply human nature? give you immediate gratification and temporarily relieve your stress, but it won't make the task you're putting off go away. You can always go back and make adjustments later.

Procrastination eats away at your momentum and is what keeps you from Instead of a dark forest of trouble, you've now have a guide to help you get If you're still procrastinating, break some of the steps down into even smaller pieces. and you'll be able to look back at a long, filled out checklist marking our progress.

Learn how to transform procrastination, mental paralysis and overwhelm into productivity. If you could just get started when you should, a whole lot of problems in your . At this point, the problem is a combination of overwhelm, inability to break Understand why strategies you've tried didn't work for you (solutions for the.

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