

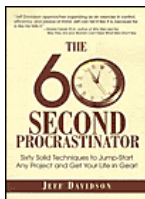
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The 60-Second Procrastinator

Sixty Solid Techniques to Jump-Start Any Project and Get Your Life in Gear!

by Jeff Davidson



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In this summary you will learn

- How to identify procrastination
- What to do when procrastination is inevitable
- Techniques to help you overcome procrastination

Why you should read *The 60-Second Procrastinator*

Procrastinators around the world, there is hope. Now you can learn how to overcome procrastination without having to slog through all the reasons why you procrastinate (let's face it, procrastinators will just put off reading a book like that!). Author Jeff Davidson cuts to the chase by providing a succinct collection of 60 tips to help you defeat this disease. This isn't a book to read cover to cover, but rather a guide to be picked up for inspiration when procrastination overwhelms you. Some suggestions are quite valuable, others less so - would you really consider signing a contract with yourself? Regardless, this manual will help you get through tough projects unscathed. *getAbstract.com* suggests that anyone with a propensity to procrastinate might take a look at this useful field guide.

About the Author

Jeff Davidson is a professional speaker, author and management consultant who has worked with employees from many corporations on how to balance their careers and their lives. His books include: *Breathing Space*, *The Complete Guide to Public Speaking*, *The Complete Idiot's Guide to Time Management* and *The Joy of Simple Living*.