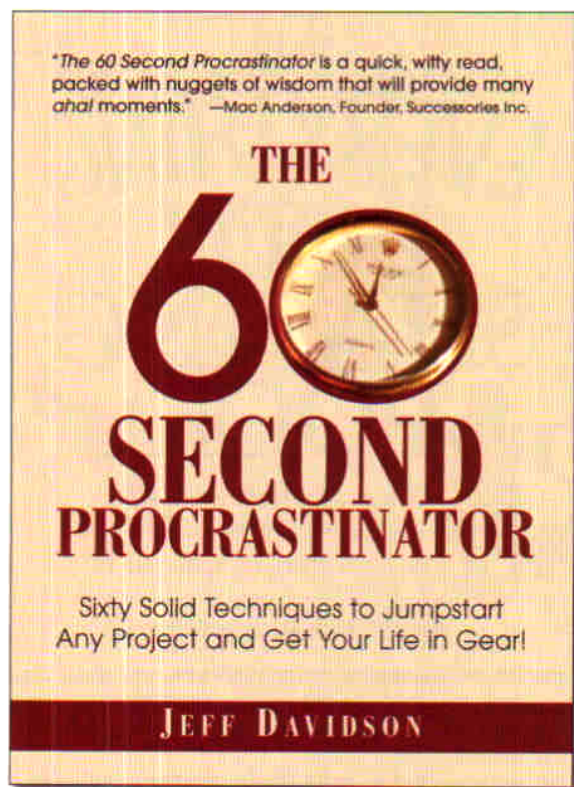


THE 60 SECOND PROCRASTINATOR

Sixty Solid Techniques to Jumpstart Any Project
and Get Your Life in Gear!

Jeff Davidson



JEFF DAVIDSON (Chapel Hill, NC) is the author of *The Complete Idiot's Guide to Managing Your Time* and *The Complete Idiot's Guide to Managing Stress*. He is a nationally recognized management consultant and speaker.

MARKETING

National general interest publication campaign.
Author appearances.

Kick that procrastination habit in one minute flat!

There is no better time than the present to get motivated and organized. *The 60 Second Procrastinator* is a simple, effective, hands-on guide that readers can use to dismantle procrastination and mindsets that are barriers to productivity. Procrastination takes no prisoners and neither does bestselling author Jeff Davidson in this fun, yet practical, guide. With these sixty immediately applicable techniques in place, clutter, disorganization, and stress have nowhere to hide.

Some of the handy tips include:

- ♦ Set up a reward system
- ♦ Find a motivation buddy
- ♦ Develop a clarifying checklist
- ♦ Review priorities
- ♦ Utilize breaks strategically
- ♦ Set goals
- ♦ Use deadlines

The 60 Second Procrastinator helps readers keep their energy level high and their frustration in check. After only a few minutes spent with this book, readers will be spending less time obsessing and more time doing!

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