

ADDICTION PROCRASTINATION AND LAZINESS A PROACTIV

ROMAN GELPERIN

📖 **ADDICTION, PROCRASTINATION, AND LAZINESS: A PROACTIVE GUIDE TO THE PSYCHOLOGY OF MOTIVATION** ROMAN GELPERIN, 2017-09-16 LEARN TO TAKE CONTROL OF YOUR LIFE, THROUGH AN IN-DEPTH UNDERSTANDING OF MOTIVATION: WHAT IS MOTIVATION? WHY DO WE FEEL TOTALLY PARALYZED TO DO CERTAIN THINGS, AND UTTERLY UNABLE TO QUIT OTHERS? TOO MANY PEOPLE CONCLUDE, FALSELY, THAT THEY ARE JUST LAZY, OR LACKING IN WILLPOWER. BUT WHAT THEY LACK IS A CORRECT UNDERSTANDING OF THEIR OWN MINDS, OF MOTIVATION, AND THE WAY THAT IT OPERATES. THIS BOOK IS A SELF-HELP MANUAL AND A RIGOROUS ANALYSIS OF THE PSYCHOLOGY OF MOTIVATION. IT WILL TEACH YOU TO STOP PROCRASTINATING, KICK YOUR ADDICTIONS, CIRCUMVENT LAZINESS, TAKE CONTROL OF YOUR ACTIONS, AND ACHIEVE YOUR GOALS, BY THOROUGHLY UNDERSTANDING THE WAY YOUR MIND WORKS. IN IT, YOU'LL LEARN: WHAT IS THE NATURE OF MOTIVATION, ON ITS DEEPEST PSYCHOLOGICAL LEVEL WHY ADDICTION AND PROCRASTINATION ARE TWO SIDES OF THE SAME COIN WHY THERE'S NO FUNDAMENTAL DIFFERENCE BETWEEN A PHYSICAL AND PSYCHOLOGICAL ADDICTION WHY WILLPOWER IS RARELY THE SOLUTION TO ANYTHING WHY AND HOW EMOTIONS MOTIVATE YOU'LL ALSO LEARN FIFTEEN POWERFUL STRATEGIES FOR MOTIVATING YOURSELF, WHY THEY WORK, AND HOW TO APPLY THEM TO YOUR OWN LIFE. BY THE END OF THIS BOOK, YOU'LL POSSESS ALL THE TOOLS YOU NEED TO TAKE FIRM CONTROL OF YOUR DAILY EXISTENCE.

📖 **ADDICTION, PROCRASTINATION, AND LAZINESS** ROMAN GELPERIN, 2017-09-19 WHAT IS MOTIVATION? WHY DO WE FEEL TOTALLY PARALYZED TO DO CERTAIN THINGS, AND UTTERLY UNABLE TO QUIT OTHERS? TOO MANY PEOPLE CONCLUDE, FALSELY, THAT THEY ARE JUST LAZY, OR LACKING IN WILLPOWER. BUT WHAT THEY LACK IS A CORRECT UNDERSTANDING OF THEIR OWN MINDS, OF MOTIVATION, AND THE WAY THAT IT OPERATES ... THIS BOOK IS A SELF-HELP MANUAL AND AN IN-DEPTH ANALYSIS OF THE PSYCHOLOGY OF MOTIVATION. IT WILL TEACH YOU TO STOP PROCRASTINATING, KICK YOUR ADDICTIONS, CIRCUMVENT LAZINESS AND ACHIEVE YOUR GOALS, BY THOROUGHLY UNDERSTANDING THE WAY YOUR MIND WORKS.--

📖 **THE PSYCHOLOGY OF LAZINESS** BY MOHAMMAD SHAKEEL - COOLMITRA MOHAMMAD SHAKEEL, 2021-12-04 ABOUT THE AUTHOR MOHAMMAD SHAKEEL IS A WRITER, SPEAKER, DIGITAL MARKETER, ONLINE TRAINER, A GREAT THINKER AND A VISIONARY. HE'S ONLY 22 AND WAS AWARDED BY THE UNITED NATIONS FOR BEING INDIA'S YOUNGEST MOTIVATIONAL SPEAKER. HE HAS MORE THAN 20 LAKH SUBSCRIBERS ON YOUTUBE, WHERE HE TALKS ABOUT LOGICAL MOTIVATION, WAYS TO MAKE MONEY, LIFE-CHANGING FORMULAS, INTELLECTUAL TOPICS AND WORK-LIKE-HELL KIND OF TOPICS. COOLMITRA CHANNEL STARTED 4 YEARS AGO AND HAS COMPLETED A JOURNEY OF OVER 120 MILLION VIEWS SO FAR. HE IS LOOKING FORWARD TO STARTING A DEDICATED YOUTUBE CHANNEL FOR SHORT-FILMS IN THE SAME CATEGORY WHICH NOBODY HAS EVER DONE IN INDIA SO FAR. ABOUT THE BOOK TO BE A PILOT OF A PLANE, YOU NEED TO KNOW HOW IT WORKS. LIKewise, IF YOU WANT TO CONTROL THE MOST POWERFUL THING ON THE EARTH-YOUR MIND, YOU NEED TO LEARN ABOUT IT SCIENTIFICALLY. DO YOU WANT TO WORK 100 HOURS A WEEK LIKE MOST SUCCESSFUL PEOPLE DO IN THE WORLD? DO YOU ALWAYS WANT TO STAY ENERGETIC? DO YOU WAIT FOR PERFECTION? DO YOU PROCRASTINATE? ARE YOU ALWAYS LAZY? DO YOU HAVE DREAMS AND GOALS THAT YOU HAVEN'T STARTED WORKING ON YET? THEN THIS BOOK CAN WORK LIKE MAGIC FOR YOU. I HATE WRITING ABOUT THINGS THAT ARE ALREADY BEEN WRITTEN. THIS BOOK OFFERS A NEW FORMULA TO MASTER YOUR MIND, IT'S A GREAT VACCINE FOR PROCRASTINATORS. HIS VIDEO COURSES AND E-BOOKS ARE ALSO AVAILABLE ON HIS WEBSITE. HE SOLD OVER 100,000 COPIES OF HIS E-BOOKS IN JUST 4 MONTHS. IN 2018 HE STARTED SELLING HIGH TICKET COURSES TO MASSES WHEN ONLY A FEW WERE SELLING COURSES IN INDIA.

📖 **SHUT UP, STOP WHINING, AND GET A LIFE** LARRY WINGET, 2011-07-08 SHUT UP, STOP WHINING, AND GET A LIFE WAS IMMEDIATELY HAILED AS NOT YOUR AVERAGE SELF-HELP BOOK AND DEMANDED ATTENTION AND PRAISE RIGHT OUT OF THE GATE. IT IS NOW CONSIDERED ONE OF THE ICONS OF THE PERSONAL DEVELOPMENT MOVEMENT. NOW, LARRY WINGET IS BACK WITH HIS SIGNATURE CAUSTIC, NO-NONSENSE, HILARIOUS STYLE, WHICH EARNED HIM THE TITLES PITBULL OF PERSONAL DEVELOPMENT® AND WORLD'S ONLY IRRITATIONAL SPEAKER®. WINGET'S GET OFF YOUR BUTT AND GO TO WORK APPROACH TO SELF-IMPROVEMENT BOILS SUCCESS DOWN TO A SIMPLE FORMULA: EVERYTHING IN YOUR LIFE GETS BETTER WHEN YOU GET BETTER. GET TANGIBLE ADVICE FROM ONE OF THE WORLD'S MOST SUCCESSFUL SPEAKERS AND THE AUTHOR OF FIVE BESTSELLING BOOKS AND TELEVISION PERSONALITY. LEARN THE KEYS TO TURNING YOUR LIFE, MONEY AND BUSINESS AROUND. STOP MAKING EXCUSES, STOP BLAMING OTHERS AND TAKE RESPONSIBILITY FOR YOUR LIFE AND YOUR RESULTS THE BRUTAL ADVICE HE OFFERS HAS CHANGED THE LIVES OF MILLIONS OF PEOPLE AND INCREASED SALES FOR COUNTLESS BUSINESSES. IN THIS SECOND EDITION OF SHUT UP, STOP WHINING, AND GET A LIFE, WINGET TAKES THE SAME PRINCIPLES AND EXPANDS THE LESSONS WITH BRAND NEW EXAMPLES, STORIES, AND ADDED WISDOM. IT MAY SOUND RUTHLESS, BUT YOUR LIFE IS YOUR OWN FAULT AND IF YOU SHUT UP, STOP WHINING, AND TAKE ACTION YOU CAN CREATE A BETTER LIFE.

📖 **THE END OF PROCRASTINATION** PETR LUDWIG, ADELA SCHICKER, 2018-12-31 SIMPLE, SCIENCE-BASED TOOLS TO STOP PROCRASTINATION EVEN WITH OVERFLOWING INBOXES, THOUSANDS OF UNREAD NOTIFICATIONS, AND UNMET DEADLINES, MOST PEOPLE STILL CAN'T MANAGE TO TAKE CONTROL OF THEIR TIME AND STOP PROCRASTINATING. THE END OF PROCRASTINATION TACKLES THIS UBIQUITOUS ISSUE HEAD ON, HELPING YOU STOP PUTTING OFF WORK AND RECLAIM YOUR TIME. AUTHOR PETR LUDWIG SHOWS THAT ENDING PROCRASTINATION IS MORE THAN A WISE TIME MANAGEMENT STRATEGY—IT'S ESSENTIAL TO DEVELOPING A SENSE OF PURPOSE AND LEADING A HAPPIER MORE FULFILLED LIFE. THE KEYS TO OVERCOMING PROCRASTINATION ARE SIMPLE. WITH EIGHT CLEAR, APPROACHABLE TOOLS—FROM QUICK DAILY WORKSHEETS TO SHIFT YOUR PERSPECTIVE TO TO-DO LISTS THAT ACTUALLY HELP YOU GET THINGS DONE—THE END OF PROCRASTINATION PROVIDES EVERYTHING YOU NEED TO CHANGE THE WAY YOU MANAGE YOUR TIME AND LIVE YOUR LIFE. BASED ON THE LATEST RESEARCH, THE END OF PROCRASTINATION SYNTHESIZES OVER ONE HUNDRED SCIENTIFIC STUDIES TO CREATE A PROGRAM THAT IS BASED ON THE WAY OUR BRAINS ACTUALLY WORK. BY UNDERSTANDING EXACTLY WHY PROCRASTINATION HAPPENS AND HOW OUR BRAINS RESPOND TO MOTIVATION AND SELF-DISCIPLINE, THE BOOK PROVIDES READERS WITH THE KNOWLEDGE TO CONQUER PROCRASTINATION ON AN EVERYDAY BASIS.

📖 **MINDFULNESS WORKBOOK FOR ADDICTION** JOSEPH BRAIN, 2019-12-24 DO YOU WANT TO FIND WAYS TO AVOID PROCRASTINATING ALL THE TIME? DO YOU WANT TO FIGHT LAZINESS? DO YOU NEED A GUIDE TO HELP YOU IMPROVE? IF YOU SAID YES TO ONE OF THE PREVIOUS QUESTIONS THEN KEEP ON READING MINDFULNESS WORKBOOK FOR ADDICTION... LIFE WILL BE AS MESSY AS EVER. YOU'LL HAVE JOYFUL TIMES AND MOMENTS TO CELEBRATE, AND YOU'LL FACE CHALLENGES AND LOSSES. IT IS UP TO YOU TO STAY THE COURSE, TO ENLIST SUPPORT WHEN NEEDED, AND TO TAKE PAUSES ALONG THE WAY TO CHECK WHAT'S GOING ON IN YOUR BRAIN, HEART, AND BODY. RECOVERY IS NOT LINEAR FOR ANYBODY. AT TIMES, YOU WILL STRUGGLE AGAIN, AND THAT'S NATURAL. WHENEVER YOU FEEL UNSTEADY, GO BACK TO THE SECTIONS YOU'VE FOUND MOST HELPFUL. REWORK THE EXERCISES. REVISIT THE SIDEBARS AND BULLET LISTS TO REFRESH YOURSELF ON QUICK TIPS AND STRATEGIES. KEEP PHOTOS OF THE MOST HELPFUL PARTS, SO THAT YOU LITERALLY CARRY THESE TOOLS IN YOUR DAILY LIFE. AS YOU STAY ALERT TO SIGNS OF IMPENDING RELAPSE AND RESPOND WITH CLARITY, YOU'LL FIND THAT THE POSITIVE TIMES IN YOUR LIFE ARE EVEN MORE REWARDING, AND THE DIFFICULT TIMES BECOME MORE MANAGEABLE WITHOUT THE ADDED PAIN OF A RELAPSE. YOU'RE ONLY HUMAN, AND HUMANS MAKE MISTAKES. ARMED WITH THIS KNOWLEDGE, YOU ARE READY TO GAIN INSIGHTS IF A RELAPSE DOES OCCUR, THEN FORGIVE YOURSELF AND REINVEST IN YOUR RECOVERY. MISTAKES AND FLAWS DO NOT MAKE YOU WRONG. THEY SIMPLY HAPPENED WHEN YOU WERE DISCONNECTED FROM YOURSELF. TO PUT ON YOUR RUNNING SHOES OR TO SAY THE KIND WORDS YOU WANT TO SAY TO YOUR LOVED ONES. HOURS WHERE YOU WANT TO CLOSE THE CURTAINS AND LOCK THE DOOR. MINUTES WHERE YOU FEEL DOWN, FEARFUL AND STRESSED. MOMENTS WHERE THE WILL TO ACT COURAGEOUSLY, TO ACT FROM THE HEART, IS THREATENED BY DEVILISH TEMPTATIONS. YOU ARE GOING TO MAKE MISTAKES AND DIFFERENT PROBLEMS WILL ARISE. THERE WILL BE FRESH TEARS AND UNHAPPY MOMENTS. AND THERE WILL COME A MOMENT WHEN YOU FULLY ENJOY THE FRUITS OF YOUR WORK AND THE SAFETY OF YOUR OUTSTANDING CHARACTER, A MOMENT WHERE YOU DANCE, HAVE ONE OF THESE RARE, GREAT CONVERSATIONS, OR WALK ON A MAGNIFICENT ISLAND WITH YOUR LOVED ONE... THERE, GLANCING OVER THE BLUE WATER AND FEELING A TINGLING BREEZE IN THE SUNNY AFTERNOON, YOU WILL STOP FOR A MOMENT. REALIZING, WITHOUT A SINGLE DOUBT, THAT ALL OF THE STRUGGLE, ALL OF THE PAIN AND ALL OF THE TEARS HAVE BEEN WORTH IT... THIS GUIDE WILL FOCUS ON THE FOLLOWING: IDENTIFICATION AND MANIFESTATIONS WHY YOU SHOULD ADDRESS ADDICTION IMMEDIATELY CULTIVATING CONFIDENCE AND FINDING YOUR PERSONAL POWER YOUR PERSONAL ACTION PLAN THE BUMPY ROAD TO RECOVERY OVERCOMING SUBSTANCE ABUSE HOW TO OVERCOME FOOD ADDICTION HOW TO OVERCOME TECHNOLOGY ADDICTION DETOX YOUR EMOTIONAL THOUGHTS MEDITATION: EFFECTS ON THE PSYCHE RELAPSE ELIMINATION... AND MORE! EVEN IF THIS COULD SEEM SO HARD, YOU CAN REALLY LEARN TAKING CARE OF YOURSELF THANKS TO MINDFULNESS WORKBOOK FOR ADDICTION. IF YOU ARE READY TO TAKE THESE FIRST STEPS TOWARD RECOVERY, MINDFULNESS WORKBOOK FOR ADDICTION CAN HELP YOU FIGHT YOUR ADDICTION AND GET BACK TO LIVING A HAPPY AND MEANINGFUL LIFE. NOW, SCROLL UP AND CLICK THE BUY NOW BUTTON.

📖 **THE MASTER MIND OF THE SELF-ACTUALIZING PERSON** ROMAN GELPERIN, 2020-09-23 ENLIGHTENMENT!-YOU MAY SPEND YOUR WHOLE LIFE SEEKING IT, BUT NEVER FIND IT. YOU MAY NEVER SEARCH FOR IT OR EVEN KNOW THAT IT'S POSSIBLE, BUT REACH IT BY ACCIDENT. AND YOU MAY LIVE OUT YOUR LIFE IGNORANT OF ITS EXISTENCE, AND DIE HAVING NEVER DISCOVERED YOUR HIGHEST POTENTIAL FOR HAPPINESS, SELF-MASTERY, AND CREATIVE BRILLIANCE. THE ENLIGHTENED PSYCHOLOGIST ABRAHAM MASLOW WAS THE FIRST TO SCIENTIFICALLY DESCRIBE THE FULLY ENLIGHTENED PERSON-WHICH HE CALLED THE SELF-ACTUALIZING PERSON. BUILDING ON MASLOW'S WORK THROUGH CAREFUL BIOGRAPHICAL STUDY OF THE LIVES OF SELF-ACTUALIZING PEOPLE, HUMANISTIC PSYCHOLOGIST AND BIOGRAPHER ROMAN GELPERIN FOUND THEIR ENLIGHTENMENT TO STEM FROM A NEARLY-IDENTICAL HANDFUL OF BREAKTHROUGH EXPERIENCES, WHICH HE WILL REVEAL TO YOU IN THIS BOOK. PARTLY A FIRSHAND ACCOUNT OF THE AUTHOR'S OWN ACCIDENTAL ENLIGHTENMENT, AND PARTLY A FULL BIOGRAPHY OF ABRAHAM MASLOW'S RISE TO SELF-ACTUALIZATION, THIS BOOK WILL TEACH YOU HOW TO IDENTIFY, UNDERSTAND, AND ATTAIN THOSE KEY EXPERIENCES OF: UNLOCKING THE PERENNIAL METHOD OF USING YOUR MIND TO ITS FULLEST POTENTIAL BEING FULLY AT PEACE WITH YOURSELF, BY DECONSTRUCTING YOUR INTERNAL CONFLICTS DERIVING A NEAR-CONSTANT JOY, PLEASURE, AND SATISFACTION FROM SHEER EXISTENCE HALF-CREATING, HALF-DISCOVERING YOUR DRIVING PASSION AND UNIQUE PURPOSE IN LIFE AUTOMATICALLY EVOLVING THE SELF-ACTUALIZING QUALITIES OF TOTAL HONESTY, SUPREME SELF-CONFIDENCE, NATURAL CREATIVITY, EFFORTLESS SPONTANEITY, AND INDEPENDENT THINKING BY THE END OF THIS BOOK, YOU WILL THOROUGHLY UNDERSTAND WHAT ENLIGHTENMENT IS, HOW AND WHY IT OCCURS, AND THE WAYS TO PURSUE IT!

📖 **HOW TO OVERCOME PROCRASTINATION AND GET STUFF DONE** PEREZ DALTON, 2018-01-03 PROCRASTINATION MAKES EASY THINGS HARD, HARD THINGS HARDER.-MASON COOLEY MY ADVICE IS TO NEVER DO TOMORROW WHAT YOU CAN DO TODAY. PROCRASTINATION IS THE THIEF OF TIME.- CHARLES DICKENS LIVING IN AN ACTIVE WORLD, YOU WILL REALIZE THAT ONCE YOU ARE DONE WITH SOMETHING, THERE IS ANOTHER TASK WAITING FOR YOU. SO PUTTING OFF TASK WILL ONLY RESULT TO A PILED-UP WORK THAT NEEDS TO BE DONE. BY TRYING TO AVOID STRESS FOR THE MEANTIME, YOU AUTOMATICALLY OPEN THE WINDOW FOR STRESS. AMONG THE TRIGGERS FOR PROCRASTINATION INCLUDE LACK OF A HEALTHY SELF-ESTEEM OR THE FEELING OF INADEQUACY ABOUT SELF OR THE REQUIRED SKILLS TO GET A CERTAIN JOB DONE. THIS BOOK CONCISELY BREAKS DOWN DIFFERENT WAYS YOU CAN OVERCOME PROCRASTINATION AND BUILD YOUR LIFE UPON NEW MOTIVATION AND TACTICS. GETTING THINGS DONE HAVE NEVER BEEN THIS EASY! YOU WILL FIND OUT THAT DEALING WITH PROCRASTINATION DOES NOT REQUIRE AS MUCH EFFORT AS THE WORLD THINKS. YOU WILL BEGIN TO EXPERIENCES NEW FORM OF WILLPOWER AND CONTROL OVER YOUR MOOD, MOTIVATIONS, AND YOUR ENTIRE GOALS. YOU WILL DEVELOP A NEW HABIT OF FINISHING THINGS AND ALSO MOTIVATE YOUR TEAM TO REACH THE SAME LEVEL OF IMPROVEMENT, CREATING A WIN-WIN WORK PROCESS.

📖 **MINDFULNESS WORKBOOK FOR ADDICTION** JOSEPH HEALING, 2019-12-21 DO YOU WANT TO FIND WAYS TO AVOID PROCRASTINATING ALL THE TIME? DO YOU WANT TO FIGHT LAZINESS? DO YOU NEED A GUIDE TO HELP YOU IMPROVE? IF YOU SAID YES TO ONE OF THE PREVIOUS QUESTIONS THEN KEEP ON READING MINDFULNESS WORKBOOK FOR ADDICTION... LIFE WILL BE AS MESSY AS EVER. YOU'LL HAVE JOYFUL TIMES AND MOMENTS TO CELEBRATE, AND YOU'LL FACE CHALLENGES AND LOSSES. IT IS UP TO YOU TO STAY THE COURSE, TO ENLIST SUPPORT WHEN NEEDED, AND TO TAKE PAUSES ALONG THE WAY TO CHECK WHAT'S GOING ON IN YOUR BRAIN, HEART, AND BODY. RECOVERY IS NOT LINEAR FOR ANYBODY. AT TIMES, YOU WILL STRUGGLE AGAIN, AND THAT'S NATURAL. WHENEVER YOU FEEL UNSTEADY, GO BACK TO THE SECTIONS YOU'VE FOUND MOST HELPFUL. REWORK THE EXERCISES. REVISIT THE SIDEBARS

AND BULLET LISTS TO REFRESH YOURSELF ON QUICK TIPS AND STRATEGIES. KEEP PHOTOS OF THE MOST HELPFUL PARTS, SO THAT YOU LITERALLY CARRY THESE TOOLS IN YOUR DAILY LIFE. AS YOU STAY ALERT TO SIGNS OF IMPENDING RELAPSE AND RESPOND WITH CLARITY, YOU'LL FIND THAT THE POSITIVE TIMES IN YOUR LIFE ARE EVEN MORE REWARDING, AND THE DIFFICULT TIMES BECOME MORE MANAGEABLE WITHOUT THE ADDED PAIN OF A RELAPSE. YOU'RE ONLY HUMAN, AND HUMANS MAKE MISTAKES. ARMED WITH THIS KNOWLEDGE, YOU ARE READY TO GAIN INSIGHTS IF A RELAPSE DOES OCCUR, THEN FORGIVE YOURSELF AND REINVEST IN YOUR RECOVERY. MISTAKES AND FLAWS DO NOT MAKE YOU WRONG. THEY SIMPLY HAPPENED WHEN YOU WERE DISCONNECTED FROM YOURSELF. TO PUT ON YOUR RUNNING SHOES OR TO SAY THE KIND WORDS YOU WANT TO SAY TO YOUR LOVED ONES. HOURS WHERE YOU WANT TO CLOSE THE CURTAINS AND LOCK THE DOOR. MINUTES WHERE YOU FEEL DOWN, FEARFUL AND STRESSED. MOMENTS WHERE THE WILL TO ACT COURAGEOUSLY, TO ACT FROM THE HEART, IS THREATENED BY DEVILISH TEMPTATIONS. YOU ARE GOING TO MAKE MISTAKES AND DIFFERENT PROBLEMS WILL ARISE. THERE WILL BE FRESH TEARS AND UNHAPPY MOMENTS. AND THERE WILL COME A MOMENT WHEN YOU FULLY ENJOY THE FRUITS OF YOUR WORK AND THE SAFETY OF YOUR OUTSTANDING CHARACTER, A MOMENT WHERE YOU DANCE, HAVE ONE OF THESE RARE, GREAT CONVERSATIONS, OR WALK ON A MAGNIFICENT ISLAND WITH YOUR LOVED ONE... THERE, GLANCING OVER THE BLUE WATER AND FEELING A TINGLING BREEZE IN THE SUNNY AFTERNOON, YOU WILL STOP FOR A MOMENT. REALIZING, WITHOUT A SINGLE DOUBT, THAT ALL OF THE STRUGGLE, ALL OF THE PAIN AND ALL OF THE TEARS HAVE BEEN WORTH IT... THIS GUIDE WILL FOCUS ON THE FOLLOWING: IDENTIFICATION AND MANIFESTATIONS WHY YOU SHOULD ADDRESS ADDICTION IMMEDIATELY CULTIVATING CONFIDENCE AND FINDING YOUR PERSONAL POWER YOUR PERSONAL ACTION PLAN THE BUMPY ROAD TO RECOVERY OVERCOMING SUBSTANCE ABUSE HOW TO OVERCOME FOOD ADDICTION HOW TO OVERCOME TECHNOLOGY ADDICTION DETOX YOUR EMOTIONAL THOUGHTS MEDITATION: EFFECTS ON THE PSYCHE RELAPSE ELIMINATION... AND MORE! EVEN IF THIS COULD SEEM SO HARD, YOU CAN REALLY LEARN TAKING CARE OF YOURSELF THANKS TO MINDFULNESS WORKBOOK FOR ADDICTION. IF YOU ARE READY TO TAKE THESE FIRST STEPS TOWARD RECOVERY, MINDFULNESS WORKBOOK FOR ADDICTION CAN HELP YOU FIGHT YOUR ADDICTION AND GET BACK TO LIVING A HAPPY AND MEANINGFUL LIFE. NOW, SCROLL UP AND CLICK THE BUY NOW BUTTON.

📖 **SUMMARY OF ROMAN GELPERIN'S ADDICTION, PROCRASTINATION, AND LAZINESS** EVEREST MEDIA, 2022-06-09T22:59:00Z PLEASE NOTE: THIS IS A COMPANION VERSION & NOT THE ORIGINAL BOOK. SAMPLE BOOK INSIGHTS: #1 WE ALL HAVE EXPERIENCED THE ODD BEHAVIOR OF OUR OWN MINDS. WE MAY TRY TO CONTROL OUR ACTIONS, BUT WE RARELY DO SO. WE ARE NOT IN FULL CONTROL OF OUR BEHAVIOR, AND MANY PEOPLE FEEL THAT THEY HAVE NO CONTROL AT ALL. #2 WE ALL HAVE EXPERIENCED THE FEELING OF HAVING A HUGE WEIGHT LIFTED OFF OUR SHOULDERS AFTER WE'VE COMPLETED AN ASSIGNMENT OR PROJECT THAT WE'VE BEEN PUTTING OFF FOR WEEKS OR MONTHS. BUT WHY DO WE DO THIS. WHY CAN'T WE FORCE OURSELVES TO WORK. #3 THE LOSS OF MOTIVATION THAT COMES WITH THE HABIT LOOP OF GYMGOING IS A TYPICAL CASE OF LOSS OF MOTIVATION. IT IS EXTREMELY COMMON TODAY. #4 THE EXAMPLE ABOVE SHOWS HOW ONE MAN, JOHN, TRIED TO QUIT SMOKING. HE TOOK A PACK OUT OF HIS POCKET, EXTRACTED A CIGARETTE FROM IT, PUT IT INTO HIS MOUTH, PULLED A LIGHTER FROM HIS POCKET, AND LIT THE CIGARETTE. HE THEN TOOK SEVERAL LARGE PUFFS FROM IT.

📖 **THE KINDNESS METHOD** SHAHROO IZADI, 2019-07-09 THE KINDNESS METHOD IS THE KEY TO BREAKING UNWANTED HABITS—FOR GOOD! COMBINING HER OWN THERAPEUTIC STYLE, PERSONAL EXPERIENCES, AND TECHNIQUES LEARNED FROM WORKING IN THE FIELD OF SUBSTANCE ABUSE, SHAHROO IZADI SHARES SIMPLE STEPS THAT STRENGTHEN YOUR WILLPOWER LIKE A MUSCLE, ALLOWING YOU TO SUSTAIN YOUR MOTIVATION AND MAKE LASTING CHANGE IN YOUR LIFE. SHAHROO'S COMPLETELY NON-JUDGMENTAL PROCESS FOR MAPPING AND CHANNELING YOUR HABITS IS BASED ON THE PRINCIPLE OF TREATING YOURSELF WITH THE COMPASSION AND UNDERSTANDING THAT IT IS OFTEN ONLY RESERVED FOR OTHER PEOPLE. FROM PROCRASTINATION TO ISSUES OF BODY IMAGE, THIS METHOD WORKS BY CREATING A CUSTOM PLAN—MAPPED BY YOU, FOR YOU, AND DRIVEN BY SELF-MOTIVATION.

📖 **RECOVERY** RUSSELL BRAND, 2017-10-03 A GUIDE TO ALL KINDS OF ADDICTION FROM A STAR WHO HAS STRUGGLED WITH HEROIN, ALCOHOL, SEX, FAME, FOOD AND eBay, THAT WILL HELP ADDICTS AND THEIR LOVED ONES MAKE THE FIRST STEPS INTO RECOVERY “THIS MANUAL FOR SELF-REALIZATION COMES NOT FROM A MOUNTAIN BUT FROM THE MUD...MY QUALIFICATION IS NOT THAT I AM BETTER THAN YOU BUT I AM WORSE.” —RUSSELL BRAND WITH A RARE MIX OF HONESTY, HUMOR, AND COMPASSION, COMEDIAN AND MOVIE STAR RUSSELL BRAND MINES HIS OWN WILD STORY AND SHARES THE ADVICE AND WISDOM HE HAS GAINED THROUGH HIS FOURTEEN YEARS OF RECOVERY. BRAND SPEAKS TO THOSE SUFFERING ALONG THE FULL SPECTRUM OF ADDICTION—FROM DRUGS, ALCOHOL, CAFFEINE, AND SUGAR ADDICTIONS TO ADDICTIONS TO WORK, STRESS, BAD RELATIONSHIPS, DIGITAL MEDIA, AND FAME. BRAND UNDERSTANDS THAT ADDICTION CAN TAKE MANY SHAPES AND SIZES AND HOW THE PROCESS OF STAYING CLEAN, SANE, AND UNHOOKED IS A DAILY ACTIVITY. HE BELIEVES THAT THE QUESTION IS NOT “WHY ARE YOU ADDICTED?” BUT WHAT PAIN IS YOUR ADDICTION MASKING? WHY ARE YOU RUNNING—INTO THE WRONG JOB, THE WRONG LIFE, THE WRONG PERSON'S ARMS? RUSSELL HAS BEEN IN ALL THE TWELVE-STEP FELLOWSHIPS GOING, HE'S STARTED HIS OWN MEN'S GROUP, HE'S A THERAPY REGULAR AND A PRACTICED YOGI—AND WHILE HE'S WORKED ON THIS MATERIAL AS PART OF HIS COMEDY AND PREVIOUS BESTSELLERS, HE'S NEVER BEFORE SHARED THE TOOLS THAT REALLY TOOK HIM OUT OF IT, THAT KEEP HIM CLEAN AND CLEAR. HERE HE PROVIDES NOT ONLY A RECOVERY PLAN, BUT AN ATTEMPT TO MAKE SENSE OF THE AILING WORLD.

📖 **SELF-ACTUALIZED BY POKER** ROMAN GELPERIN, 2019-08-21 LEARN THE SINGLE MOST POWERFUL, ENLIGHTENED, CORRECT METHOD OF THINKING: YOUR BRAIN IS A FAR, FAR MORE POWERFUL COMPUTER THAN ANY THAT'S EVER BEEN BUILT. AND YOUR CONSCIOUS MENTAL PROCESSES—THE METHODS BY WHICH YOU THINK, ACQUIRE, AND ORGANIZE YOUR KNOWLEDGE—ARE THAT COMPUTER'S SOFTWARE. YOUR MIND COMES WITH DEFAULT SOFTWARE—YOUR INSTINCTUAL METHOD OF THINKING—WHICH FAILS, HOWEVER, TO UNLOCK EVEN A TENTH OF YOUR FULL INTELLIGENCE. IF YOU'RE LIKE MOST PEOPLE, YOUR SOFTWARE HAS NEVER BEEN UPGRADED—AND YOU'VE ENDED UP FEELING UNHAPPY, INEFFECTIVE, AND FULL OF UNCERTAINTY, BECAUSE YOUR METHOD OF THINKING FALLS SHORT ON THE TASKS NEEDED FOR LIVING, WORKING, AND ANALYZING THE WORLD. YOU HAVE THE ABILITY TO UPGRADE YOUR SOFTWARE, BY CONSCIOUSLY LEARNING A NEW AND ENLIGHTENED METHOD OF THINKING THAT UNLOCKS YOUR MIND'S FULLEST POTENTIAL. THIS METHOD IS CALLED FREE-THINKING; AS OPPOSED TO THE RIGID, CATEGORICAL THINKING THAT IS YOUR DEFAULT SOFTWARE. THIS SAME METHOD HAS BEEN DISCOVERED, INDEPENDENTLY, BY SOME OF THE WORLD'S GREATEST MINDS—BY LEADING LIGHTS AS DIVERSE AS ALBERT EINSTEIN, ABRAHAM MASLOW, AND BRUCE LEE. THIS BOOK WILL TEACH YOU WHAT THAT METHOD IS, AND HOW YOU CAN ACQUIRE IT—AND HOW THE AUTHOR HIMSELF CAME TO DISCOVER IT THROUGH PURSUING MASTERY IN THE DISCIPLINE OF POKER. AS AN ADDED BONUS, IT ALSO REVEALS HOW THE LEGENDARY MARTIAL ARTIST, BRUCE LEE, CAME TO DISCOVER IT BY THE SAME PATH. BY THE END OF THIS BOOK, YOU'LL HAVE LEARNED ONE OF THE GREATEST SECRETS TO HUMAN HAPPINESS, PRODUCTIVITY, AND SELF-ACTUALIZATION: THE CORRECT METHOD OF USING YOUR MIND.

📖 **HOW PEOPLE MATTER** ISAAC PRILLETENSKY, ORA PRILLETENSKY, 2021-06-17 MATTERING IS ABOUT FEELING VALUED AND ADDING VALUE. THESE COMPONENTS ARE ESSENTIAL FOR HEALTH, HAPPINESS, LOVE, WORK, AND SOCIAL JUSTICE.

📖 **AND IT WAS ALL YOUR FAULT** ROMAN GELPERIN, 2020-10-18 HAVE YOU STRUGGLED TO UNDERSTAND DEPRESSION-IN YOURSELF, IN A CLOSE FRIEND OR FAMILY MEMBER, OR JUST IN THE PEOPLE YOU OBSERVE AROUND YOU? HAVE YOU EVER WONDERED, IN VAIN, WHAT HAD CAUSED YOUR DEPRESSION, WHAT SINISTER PROCESS TOOK OVER YOUR MIND, AND WHAT YOU COULD DO TO CURE OR OVERCOME IT? OR DID YOU WISH YOU COULD KNOW WHAT CAUSED ANOTHER PERSON'S DEPRESSION, WISHED YOU COULD READ WHAT THAT PERSON WAS THINKING, AND FELT COMPLETELY HELPLESS ABOUT WHAT-IF ANYTHING-YOU COULD DO TO HELP THEM? HAS ALL THE INFORMATION YOU FOUND ON DEPRESSION SEEMED UTTERLY SHALLOW, UNSATISFYING, OR IRRELEVANT? WELL, THIS BOOK WILL GIVE YOU THE ANSWERS, KNOWLEDGE, AND IN-DEPTH UNDERSTANDING OF THE PSYCHOLOGY OF DEPRESSION THAT YOU HAVE BEEN SEARCHING FOR, BUT COULDN'T FIND. BECAUSE IT ISN'T AVAILABLE ALMOST ANYWHERE ELSE. IN AND IT WAS ALL YOUR FAULT, THE AUTHOR AND HUMANISTIC PSYCHOLOGIST ROMAN GELPERIN WILL TEACH YOU ALL ABOUT THE LITTLE-KNOWN CAUSES, TYPES, AND UNSEEN INNER PSYCHOLOGY OF DEPRESSION. YOU'LL ALSO LEARN WHAT THINGS CURE DEPRESSION, WHICH CURES TO PURSUE FOR DIFFERENT TYPES OF DEPRESSION, AND THE WAYS YOU CAN HELP YOURSELF AND THE PEOPLE AROUND YOU. HAVING PERSONALLY EXPERIENCED DEPRESSION, CONSUMED ALL THE BEST LITERATURE AND RESEARCH ON THE SUBJECT, AND FOR A YEAR-AND-A-HALF EVEN DATED A GIRL WITH A LONG HISTORY OF DEPRESSION WHILE WRITING THIS BOOK, THE AUTHOR WEAVES INTROSPECTION, INTERPERSONAL OBSERVATION, AND CUTTING-EDGE RESEARCH INTO A MASTERFUL AND EYE-OPENING NARRATIVE EXPLAINING DEPRESSION. WITH UNRESERVED HONESTY AND RIGOROUS DETAIL, ROMAN REVEALS THE CAUSE, MENTAL PROCESSES, AND SURPRISING CURE OF HIS OWN DEPRESSION. AND HE TAKES CONCRETE EXAMPLES OF REAL PERSONS WHO ALSO IDENTIFIED THE CAUSE, UNDERLYING PSYCHOLOGY, AND PERMANENT CURE OF THEIR DEPRESSIONS, TO GIVE YOU A GROUNDBREAKING NEW UNDERSTANDING OF THE FULL RANGE OF DEPRESSION IN GENERAL. THIS BOOK COVERS THE FOLLOWING: A DETAILED OVERVIEW OF WHAT'S CURRENTLY KNOWN ABOUT DEPRESSION THE NATURE OF THE EMOTIONS AND COGNITIVE ELEMENTS INVOLVED IN DEPRESSION A SUREFIRE FORMULA THAT CAUSES DEPRESSION CASES IN WHICH DEPRESSION IS AN APPROPRIATE REACTION THE DIFFERENT TYPES OF DEPRESSION, AND THE REMEDY EACH REQUIRES DEPRESSION AS AN ADAPTIVE FUNCTION IN ANIMALS THAT POSSESS SOCIAL STATUS PSYCHEDELIC DRUGS AS A NEW, POWERFUL TREATMENT FOR CERTAIN TYPES OF DEPRESSION BY THE END OF THIS BOOK, YOU'LL HAVE A RICH UNDERSTANDING OF DEPRESSION; HAVE GREATER AWARENESS, CONTROL, AND INSIGHT INTO YOUR OWN MENTAL PROCESSES; AND HAVE A GOOD SENSE OF WHAT ANOTHER PERSON IS GOING THROUGH WHEN THEY BECOME DEPRESSED. YOU'LL ALSO KNOW HIGHLY EFFECTIVE WAYS TO PREVENT DEPRESSION IN YOURSELF AND OTHERS, HOW YOU CAN PROVIDE GENUINE HELP TO A DEPRESSED FRIEND OR RELATIVE, AND HOW TO REPAIR YOUR OWN MENTAL PROCESSES WHEN THEY GO WRONG.

📖 **PROCRASTINATION VS LAZINESS** JOHN TRACY, 2020-12-06 MASTER THE SCIENCE OF JUST DO IT IN A FEW SIMPLE STEPS! WOULD YOU LIKE TO ACHIEVE FINANCIAL AND PERSONAL SUCCESS? HAVE YOU EVER WONDERED HOW YOUR LIFE WOULD CHANGE IF YOU GET RID OF HESITATION AND USELESS THINKING? OR MAYBE, YOU JUST WANT TO DISCIPLINE YOUR LIFE AND BECOME A SUPER SUCCESSFUL PERSON? IF AT LEAST ONE OF THESE QUESTIONS GOT YOUR ATTENTION, THEN KEEP READING... YOU DEFINITELY AT LEAST ONCE OR TWICE A DAY FIND YOURSELF BEING LAZY, HESITATING TO DO ONE OR ANOTHER THING. OF COURSE, YOU DON'T THINK THAT IS A BIG DEAL, BUT UNFORTUNATELY, IT IS. EVENTUALLY, YOU BUILD UP A HABIT THAT BECOMES A WEAPON OF SELF-DESTRUCTION AND CAN DRASTICALLY AFFECT YOUR PERSONAL LIFE, CAREER, AND OVERALL HAPPINESS. HOW MANY PEOPLE DO YOU KNOW WHO STRUGGLE IN THEIR FINANCIAL AND PERSONAL LIFE AND SUFFER FROM PROCRASTINATION AND LAZINESS? HABITS ARE BUILT IN THE FIRST 6 OR 7 YEARS OF YOUR LIFE, AND IF PARENTS DID NOT DISCIPLINE YOU PROPERLY, YOU DON'T HAVE THOSE. IN THIS BOOK, WE WILL TEACH YOU HOW TO REVERSE YOUR CHILDHOOD AND BUILD STRONG, HIGH-PERFORMANCE HABITS SO YOU DON'T HAVE TO THINK, YOU JUST DO IT. TAKE A LOOK AT ONLY A FEW THINGS YOU WILL GET OUT OF THIS BOOK: MAIN REASONS BEHIND PROCRASTINATION AND LAZINESS HOW TO IDENTIFY YOUR PASSION AND MOTIVATION? WHAT IS THE 80/20 RULE AND HOW IT CAN BENEFIT YOU? PRODUCTIVITY TOOLS YOU NEED TO APPLY IN YOUR EVERYDAY LIFE STEP-BY-STEP SUCCESSFUL DAY PLANNING GUIDE MUCH MUCH MORE... REMEMBER, THIS BOOK IS JUST A TOOL AND IF YOU DON'T USE IT AND APPLY IT TO YOUR LIFE THE STRATEGIES WON'T DO ANYTHING. SO IF YOU FEEL READY TO TAKE ACTION, DO IT! SCROLL UP, CLICK ON BUY NOW AND BECOME A SUPER HIGH-PERFORMANCE PERSON!

📖 **WORRY LESS, LIVE MORE** SUSAN M. ORSILLO, LIZABETH ROEMER, 2016-06-02 WHAT PREVENTS PEOPLE FROM MAKING MEANINGFUL CHANGES AND ACHIEVING THEIR DREAMS? FOR MANY, WORRY, FEAR, OR NEGATIVITY ARE STUMBLING BLOCKS THAT CAN BE EXTRAORDINARILY DIFFICULT TO OVERCOME. THIS EFFECTIVE WORKBOOK PROVIDES A BLUEPRINT FOR USING MINDFULNESS TO START LIVING LIFE TO THE FULLEST. THE BOOK IS PACKED WITH STORIES, EXAMPLES, TRY THIS EXERCISES, PLANNING TOOLS, AND MEDITATION AND ACCEPTANCE PRACTICES THAT BUILD SELF-KNOWLEDGE AND SELF-COMPASSION. ARMED WITH A DEEPER UNDERSTANDING OF WHAT THEY REALLY VALUE AND HOW ANXIETY IS HOLDING THEM BACK, READERS ARE GUIDED TO TAKE A PERSONALIZED PATH TOWARD GREATER EMOTIONAL FREEDOM. PURCHASERS CAN DOWNLOAD AND PRINT ADDITIONAL COPIES OF THE WORKSHEETS AND FORMS; AUDIO DOWNLOADS OF THE MEDITATIONS ARE PROVIDED AT THE COMPANION WEBSITE. SEE ALSO THE AUTHORS' MINDFUL WAY THROUGH ANXIETY, WHICH EXPLAINS MINDFULNESS TECHNIQUES IN GREATER DETAIL. WORRY LESS, LIVE MORE CAN BE USED ON ITS OWN OR AS THE PERFECT CONTINUATION FOR THOSE WHO WANT TO PRACTICE AND EXPAND ON THE LESSONS OF THE FIRST BOOK USING A STEP-BY-STEP APPROACH.

THE ADDICTION Fo PROCRASTINATION AND LAZINESS. Lowrance WellDone, 2020-07-06 The Addiction of Procrastiation and Laziness Time Management Strategies Do you often feel like the time is never enough to give you the opportunity of achieving your goals? Sometimes you wish that a day should last 28 hours instead of 24? The problems in your life are overwhelming you? Then keep reading! From time to time in our lives, we encounter situations that create confusion and every person can react in various ways to those events. Some people give up, other postpone the solution, and a bunch of them attempt a solution in the face of challenge. Everything is different from a person to another. Finding solution for your problems it's not that easy at it seems. That's why, a guide about problems and time management, can be a good helper for you! Here it is what you will find inside: TIME MANAGEMENT IN HOW TO DEAL WITH YOUR PROBLEMS TIME MANAGEMENT WITHIN AN ORGANIZATION TIME ORGANIZATION: ORGANIZATION OF PERSONAL AND WORKING TIME HOW TO ORGANIZE PERSONAL AND WORKING TIME - NINE TIME MANAGEMENT TIPS PLANNING ALGORITHM SET AND ACHIEVE GOALS EXAMPLES OF PEOPLE WHO TOOK ADVANTAGE OF THE MINUTES VERY POSITIVELY, AND WHO DECIDED IN THAT WAY ON HOW TO DISTRIBUTE IT TIME PLANNING - PLANNER JOURNAL ...AND MUCH MORE As a result, being able to get along with people who are unreasonable and difficult is really the art of communication. By using the skills given in this book, you can have less grief, more confidence, better relationships, and higher courage to communicate. So, what are you still waiting for? Scroll the page and press the buy button to become more confident with this professional guide!

EXPERT SECRETS - SELF-DISCIPLINE & TIME MANAGEMENT Terry Lindberg, 2020-10-15 This book will give you the strategies and advice to build self-discipline and establish new habits.

PROCRASTINATION CURE Michael Harper, 2020-05-27 Do you dream of a life where your success and happiness are well within your hands? A life where you are confident and respected by your peers? Do you want a life where you truly and fully experience the many blessings and wonders of life? Well, the truth is that this is the life that you deserve. This is also the life that you should live. The good news is that this is well within your reach. Yes, you can make this, and so much more, happen. All you need to do is to properly exercise willpower and give it will happen with enough time and efforts. Soon, you will be able to break free from the chains of procrastination and live a life that is full of joy, success, and happiness. Before you take action to overcome procrastination, it is important for you to know and understand why you should get rid of it in the first place. Otherwise, it will be easy to convince yourself to continue to procrastinate. So, why should you get rid of procrastination? There are numerous reasons why. Procrastination has strong and adverse effects on your life. For example, it prevents you from living your life to the fullest. It can also give you a lack of self-worth and importance. It prevents you from succeeding and achieving something that is meaningful in life. Procrastination also prevents you from experiencing the wonderful life and happiness that you deserve. Instead of being successful, it makes you feel defeated and could even convince you to think of yourself as a mere failure. Instead of achieving prosperity, you might end up feeling rejected and lonely. Of course, there are many other adverse effects of procrastinating. It also affects your relationship with other people in a bad way. Regardless of what reasons you may have for getting rid of procrastination, one thing is for sure: The habit of procrastinating does not do you any good in life. Therefore, you have to get rid of it immediately. There is so much beauty in a life that is free from procrastination. This is all the more reason why you should do your best to get rid of it completely. Unfortunately, there are many people who get stuck in the procrastination habit loop. The problem is that, unlike other bad habits, procrastination is a lot trickier to get rid of. Nonetheless, it is possible and definitely doable to overcome procrastination as long as you have the right knowledge. At some point in life, every one of us falls into the pit of procrastination. The problem is when it gets so critical that it affects areas of our daily life. We don't feel like we have the time to do the things we want or that we'll never realize our dreams. Regardless of the stimuli, the effects of procrastination are known to be mostly negative. They're always linked with bad performance, time wasting, missing opportunity, and generally feeling bad about oneself. The moment someone procrastinates; less important tasks occupy the position of tasks that are more important. However, there is more than simply not finishing tasks you need to do on time. If you dig deeper, procrastinating can affect major aspects of your life. This book gives a comprehensive guide on the following: PROCRASTINATION PERSONALITY TYPE HABITS LAZINESS MINDSET FOCUS PRODUCTIVITY TIME MANAGEMENT SKILLS.....AND MORE! Are you ready to start the walk? Then, go ahead and press the BUY NOW button and enjoy the ride!

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