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ADDICTION PROCRASTINATION AND LAZINESS

A PROACTIVE GUIDE TO THE
PSYCHOLOGY OF MOTIVATION



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Addiction, Procrastination, and Laziness: A Proactive Guide to the Psychology of Motivation



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Learn to Manage Your Life, Through an In-Depth Understanding of Motivation: What is inspiration? But what they lack is a correct understanding of their own minds, of motivation, and the way that it operates. Way too many people conclude, falsely, they are simply lazy, or lacking in willpower. Why do we experience totally paralyzed to accomplish certain stuff, and utterly struggling to stop others? This book is a self-help manual and a rigorous analysis of the psychology of inspiration. By the end of this book, you'll possess all the tools you will need to take firm control of your daily existence. In it, you'll learn: What's the nature of inspiration, on its deepest emotional level Why addiction and procrastination are two sides of the same coin Why there's no fundamental difference between a physical and mental addiction Why willpower is usually rarely the answer to anything Why and how feelings motivate You'll also learn fifteen powerful approaches for motivating yourself, why they function, and how to apply them to your personal life. It'll teach you to avoid procrastinating, kick your addictions, circumvent laziness, take control of your actions, and achieve your goals, by thoroughly understanding just how your mind works.



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Still FOCUSING ON It, But This Helps I liked the book, and even though I am not really entirely sure yet that it'll work for me, it gave me some insight as to what goes on with addiction, procrastination and laziness. I was addicted to cigarettes for 13 years and gave them up 40 years back. On the 3rd try, I was finally successful utilizing a similar program to the with a slow reduced amount of nicotine. Valuable information that can be applied to a lot of areas other than the five examples in the book. Today, I struggle with overweight and lack of motivation from too many years of diet failing. I have a whole lot of passions in life and I feel the pull of these distracting me from my goals constantly. I have some other negative traits, like staying up late, and knowing that it really is bad simply doesn't help me stop carrying it out. What this book did for me was that it helped me to observe how the pleasurable items I enjoy were pulling me from those goals, and the unpleasant factors required for accomplishing my goals were so unpleasant in my mind that these were keeping me from performing them. I simply hope I have more than enough years left to create it function. While I'm finding that I am producing progress on the 1st goal, the last 3 haven't gone so well yet, and that becoming because my goals and life, in general, are very time consuming. The problem with diet and exercise is that it takes up even more of my time and energy to focus on and is complicated by arthritis, now that I'm older. Nevertheless, being able to look over each of the 14 strategies before I begin working on one of the goals appears to be helpful. In every cases, the suggestions is very (too) short. When I quit smoking, I was completely focused on that one issue, just how much I hated it, and had to eliminate it. I thought I'd divide my time up every day into 4 period slots for the 4 goals, but it never seems to workout. I also go out of gas earlier than I did when I was young. The rest of the book is compiled by a person who obviously has no idea how to write clearly and and does not have any respect for his readers. Today, I've given myself a 5th goal, that of having balance in my life. Yeah, I must say i needed this book. Therefore, I made a list of my goals and a list of the 14 mental weapons and strategies in this reserve, and I used each one to the 4 goals I listed. Look elsewhere . Concentrating on just one single thing makes the rest in my existence (like my housework) break apart, so the problem today turns into a matter of stability. Don't waste your time and effort. I kept working hard to get to a payoff that by no means came. Just like the old joke "there's got to be considered a pony in here somewhere". Some word uses are frankly annoying such as repeatedly using the the term "nuance" when he means "aspect" to just give one of these. I felt cheated. It is a slapdash effort that gets even worse and worse as it nears the end as he struggles to use as much big words as you possibly can to be able to achieve his desired page count. Bait and Switch The free sample is written simple easily understood English and promises an approachable and instructive book... At the small cost for the Kindle edition, I made a decision to give this reserve a try. Roman's publication trained me this, and is a important addition to my life :) Great book I love that this book explains why people can't motivate themselves, and provides advice on how to achieve this within the bounds of individual psychology. There isn't really any new assistance here. Very thick writing. Can this help people?. I thought that maybe I'll have to work on only 1 goal until I've mastered it or formed a new habit. In some instances, the advice is just silly or unhealthy (rest on a poor mattress, drink much more coffee! The answer to motivational troubles is not grit or willpower, but understanding and introspection. You can find no real life examples, no true cases or no user feedback. It's just theoretical. Off course, the advice in the book can be put into whatever you're already doing. Interesting premise but a little too arrogantly created for my taste. I believe Self Discipline in 10 Times by Theodore Bryant is a far greater choice. In a unusual way,

this book is sort of motivating: it appears way to an easy task to get a book published, I may try my own. It had been worth my period. The beginning text served even more as a sales pitch that convinced me to get the book--that's about all. It remaining me feeling sucked in and then let down. But the second half of the reserve was disappointing when it came to solutions. Sorry. Good idea, poor execution. But it doesn't offer the insight the name promises. It would have been a thousand times even more readable if he'd experienced just a little intellectual humility and put forth his theory/anecdotes ahead as just that: theories and anecdotes. But you're left to your very own device how to apply that. Probably. Was it pleasant to learn? Not really. No enjoyable read. Very heavy writing. All .In the last chapter, the writer gives examples where the tips are applied. Frequently I experienced to re-examine the last sentence or paragraph twice or more to understand that which was said. Much more important are the relationships in our lives. Main factors seem to be making the action more pleasurable and the procrastination habit much less pleasurable, plus managing environment. All theory and no tangible tools to use. I don't like it, but it's accurate, and that is the feeling while reading this book. Roman is awesome.). Once you grasp the first concepts behind the psychology of inspiration, it is possible to intelligently control your activities.Very disappointed. Not the standard advice of: just do it you lazy bum! Great book! I must say i enjoyed this book. Very useful to understand my source of motivation. I would highly recommend this book. Drawn in and then let down First couple of chapters sounded promising for a relatively different approach to help with procrastination and other bad habits. The issue is awareness I highly value this book and keep discussing it over and over, which helps me remember and reinforce the lessons. Needless to say I know it's best not to buy chocolate when dieting, is normally best to simply not have any in the house. Would not buy again. I would like to thank the author for helping me understand that "I don't like" some stuff which are required practices to attain my goals for a better life, this consciousness is key and beneficial. The chocolate lesson is easy. No enjoyable read. Because the author can write so clearly, I hope he will consider to follow this publication with another focused on how the nature of human thinking limits just how much we're able to love others. Might be beneficial to some, but way too wordy and unnecessarily obtuse. I made it about 40% of the way through, before went and checked out some reviews. The author doesn't use simple understand language, which gets to the point clearly and concisely.. I wouldn't recommend this book. Look for something more actionable and direct. You're not alone Certainly not my favorite read, nonetheless it is helping me process the addict's personality. Good Pretty good book. Short read. Not much to say. Just do if you cannot: try to try. Good steps to overcome laziness and procrastination Strong presentation about the positive and negative motivators that encourage or discourage a task. Great read. Techniques to overcome! Going 'cool turkey' has never worked for me personally, but slow change provides. You will manage. I love the breakdown of these concepts to help me plan methods to take against my procrastination or laziness. Very useful for someone wanting to modification their behavior and lead a more productive life. This book explains a lot of the psychology behind our behavior and provides plenty of insight as to why we make the options we do. This helps us to become on safeguard for falling at the mercy of triggers and derailing our improvement in making adjustments that wil improve our lives.



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