

   AUDIO

21 Great Ways to
Stop Procrastinating
and Get More Done
in Less Time

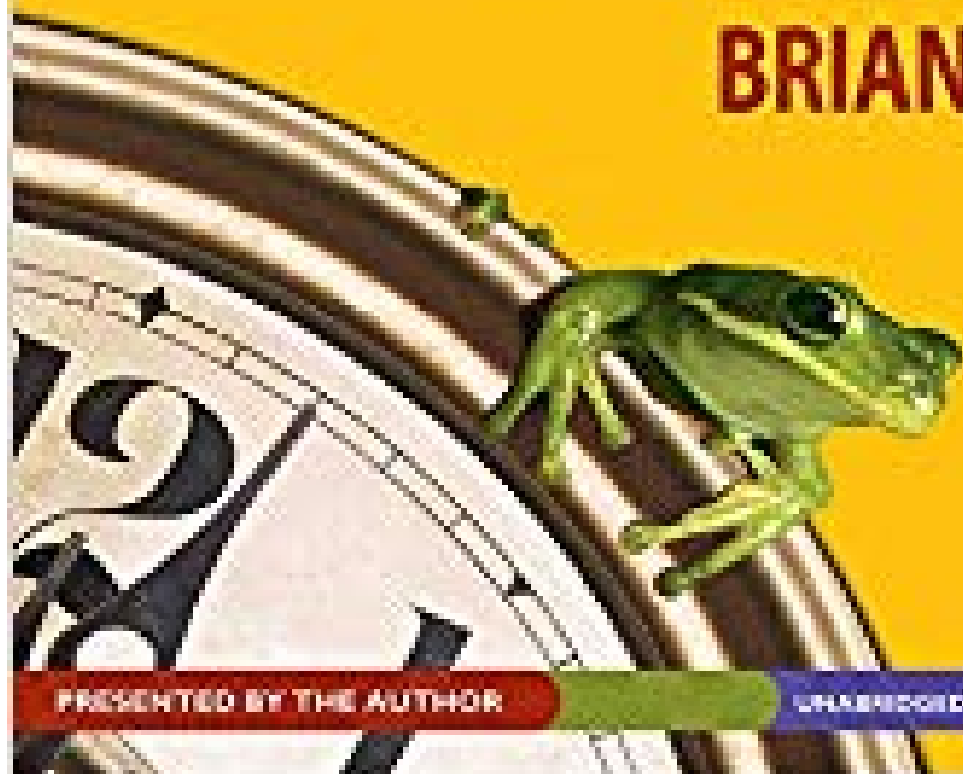
EAT THAT FROG!

BRIAN TRACY

Second Edition,
Revised and Updated
with Two New Chapters

PRESENTED BY THE AUTHOR

UNABRIDGED



Brian Tracy

Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time



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Based on more than twenty years of research and speaking to a lot more than two million business leaders throughout the world, this book synthesizes the very best and most practical approaches for setting and attaining personal and monetary goals. Tracy, who has consulted with more than five hundred corporations, including IBM, Ford, Xerox, and Hewlett-Packard, clarifies the seven key elements of goal setting techniques and the twelve steps necessary to accomplish them, encouraging readers to make use of their strengths to define their values also to align their abilities with the particular opportunities presented to them. a global bestseller offers an in depth process for transforming dreams into reality. Eat That Frog!



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Solid Coverage of Fundamental Principles This book is much more about "guidelines" for productivity vs overcoming procrastination. You need to take the initiative to eat your frog.) nonetheless, "Eat That Frog" can be a timeless assortment of useful productivity suggestions. It's a quick read on fundamental concepts of time-management. Clearly laid-out for quick reading and reference.. I also have confidence in reviewing solid principles often. Great book but too many principles to cram right into a day I actually enjoyed reading the publication nonetheless it took me months to finish due to the fact i felt a few of the concepts were repeatitive and lost interest quickly the moment i got to another principle. Just EAT it! In Eat that Frog, Tracy takes the concept for his book from the famous quotation of Mark Twain, that is: "Eat a live frog first thing in the morning and nothing worse may happen to you all of those other day. Follow the rules and your very existence will begin to get rid of."The whole idea is If we can eat the "task" or "goal" we have always wanted to achieve right in the morning, then the remaining day will be smooth. Whenever I came across myself with 15-30 minutes of 'time'. Nevertheless, was this the ideal thing at the right time (for me)? Reading the reserve on your own won't transformation you. ("The Right now Habit" by Niel Fiore is certainly a much better source on understanding and overcoming procrastination. It isn't what happens to you but the way you interpret things that are taking place for you that determines the method that you feel. I acquired the motivation but pooped out fifty percent method through every attempt. It didn't just focus on my love to accomplish goals, but my heart to become a good innovator who won't just sit around and do nothing. This is really hard for me to do, but listed below are just 3 quotes that impacted me: Chapter 2 - Consider the Consequences: "Successful people are those who are ready to delay gratification and make sacrifices for a while so that they can enjoy much larger rewards in the long-term" Chapter 9 - Prepare Thoroughly BEFORE STARTING: "The largest enemies we have to overcome on the road to success are not a lack of ability and too little opportunity but fears of failure and rejection and the doubts that they trigger. The only method to overcome your fears is normally "to do the thing you fear," as Emerson wrote "and the death of fear is for certain." Chapter 16 - Motivate Yourself To Action: "The majority of your feelings, positive or negative, are dependant on how you talk to yourself on a minute-to-minute basis. The crazy thing is that this book is approximately procrastination, but has a large amount of powerful truths which are about leadership. Your edition of events mainly determines whether these occasions motivate or de-encourage you, whether they were energized or de-energize you." So, if you are searching for a reserve that will provide you with a great kick of motivation, with tons of practical equipment. I recommend Eat That Frog!. This book utilizes everything successful from "7 Habits" to Zig Ziglar with additional among! I knew I had a need to get my work together. I couldn't begin. I think that's why I enjoyed this book so very much. I procrastinated living for nearly 3 years after an unexpected existence event and I was fed up with it. I wasn't a hoarder or a slob, I just let papers accumulate, didn't file issues or really surface finish any task I started. This basic easy book did the secret. ""Eat a live frog first thing each morning and nothing even worse may happen to you all of those other day. I was able to do more function in 24 hours than in almost three years. The principles are easy, and most people know them, you just need to apply them in the right order, with the proper mindset, and that's section of what the book teaches you. Was this something that I'd never come across earlier – No. Got me off the Lily Pad and hopping to Achievement! This concept is more visual and speaks to my creative imagery! I acquired to force myself back again to the book due to the goal I place to finish five books this season. As a professional guru on "productivity," I didn't learn anything fresh, but I enjoyed the stories, metaphors, and analogies utilized to make important points. I Eat Frogs Every Day I read

this book per day. Yes, we were alert to previous options for gaining success, but much like all fast food burger joints, we hadn't found my go out, until now!! Among the efficiency books I've read so far, I've found that one to be the most helpful. I'm no avid reader or a speed reader but this reserve is so fluid I simply held reading. I ate this frog in small items, having downloaded it to my Kindle app, that I use on my telephone. You get the picture! I liked the simplicity and ease of Brian's writing and strategy. It's as if all those other programs' greatest concepts had been bundled into one tasty meal, just for me (or those procrastinators like me). Tracy allows you to discover what is really what you want to accomplish, how to get rid of hinderances, also to do finished . you have always wished to do. I would pull it up and browse. I also got some very nice ideas for additional references. Many points made out of this book specifically. I don't have to 'just do it' any longer! So boring and lifeless. I could be more active and removed from the marketing picture! When something arises, it's like I become my own cheerleader: EAT that Frog!! I now have frogs around any office to remind me of my goals. Some of them even have their own "name tags" (the target). Couldn't get interested Appeared like a loop of material. Very difficult to read. No even more procrastinating for me Love this reserve had lots to state really change my entire life I see my self getting more issues accomplished through out the day .. crazy One Star Wii product. Would not recommend. Want my money back. Great read for the buck. Awesome author. But, my favorite part: Eat That Frog isn't connected with a Footwear Maker! Not a big enthusiast of reading books that are the result of somebody else's success (or what worked well for them) although this book in particular didn't feel like it had been leeching off someone else's strategies. I am usually often working towards something regarding my goals. Good read all in all. If you are looking for books on productivity and time management - focus on this one! I've been hearing Brian Tracy's principles on YouTube which enhances what I am learning. Since it directly addressed my problem areas, and provided actionable ideas to work on them. Helps tremendously Best audiobook I've listened to in long time Another great book simply by Brian Tracy! Unlike fiction, it's not entertainment we seek, but precious insight, actionable tips, and general help in the areas we need it. So for the reason that sense, this book was the best of the lot for me. Having said that Personally I think compelled to clarify something – Was this path-breaking details? – No. Take a chance, read the book! The reserve is broken down into 21 chapters, which are extremely relevant and life changing if we really place them into practice. That was my motivation. So much so that I made considerable notes on this one, that I keep referring to every now and then. But essentially the book talks about some basic principles of productivity, and more importantly, how to approach persistent (and selective) procrastination (something that I am guilty of). And here's the thing – I don't procrastinate my jobs and sit around wasting time. Instead while reading this I came across that the book presents many valid points on general issues you think about everyday but probably usually do not do. I would recommend this publication to young and seasoned professionals who are looking to help make the best use of their time and energy. It's become quite a mantra when faced with a task that's necessary, but often left incomplete at the end of the day, week, month. – Hell, yes! I trust most of the concepts, I wished these were condensed to 3 or 5 major principles underpinning all 21 instead of the repetition. And by the end of the day, that's what we want from self-help books like these, right? This book contains very useful tips for maximizing personal and professional productivity. Brian includes a way of explaining great ideas in layman's terms.



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