

The More  
*You* Do

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The Better  
*You* Feel

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How to Overcome  
Procrastination and  
Live a Happier Life

**DAVID PARKER**

David Parker

The More You Do The Better You Feel: How to Overcome Procrastination  
and Live a Happier Life



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-Brian Tracy, Author of the International Bestseller: Eat That Frog!The More You Do The Better YOU ARE FEELING: How to Overcome Procrastination and Live a Happier Lifestyle [Paperback] David Parker (Author) This practical book is loaded with proven ideas to help you overcome procrastination and get more done. 21 Great Methods to Stop Procrastinating and Get More Done in Less Time A well put together informative book that brings awareness to disabling and habitual procrastinating behavior patterns. Quit falling victim to the downward cycle of procrastination and major depression. -Kenneth Reddan PhD, LCSW Are You A Individual Ostrich? Have you stopped having site visitors over because you're ashamed of your mess? Do you pay your bills late as the last time you balanced your checkbook was more than six months ago? While working on a task do you keep thinking you ought to be coping with a different job? Is your living space messy and your existence unorganized? Do you tidy up only when family or friends will be visiting-only to let your place fall back into untidiness after they've gone? " because you weren't carrying it out for yourself? Perform you stick your head in the sand at the very thought of dealing with an activity that seems boring, complicated, or unpleasant? Do you worry you'll experience embarrassed if the landlord, a plumber, or a repairperson needed to visit your house? Do you constantly compare you to ultimately people who appear to "have it together?" Does your habitual procrastination keep you sense depressed and anxious? Turn into a "perform"-er by learning simple to use and highly effective new tool - The J. Are you worried that your child or someone you treatment deeply about is becoming a habitual procrastinator? The Solution To Your Habitual Procrastination IS HERE NOW! After you have cleaned for guests, do you inform yourself "it doesn't count!. This is the best self-help book I've read in years! Quit sense overwhelmed and immobilized with dread by learning how exactly to effectively cope with your tasks and responsibilities. Do you know the 25 characteristics and behaviors of the human ostrich?O.T. Method™ Find out the golden guidelines of overcoming procrastination.



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Getting it done, one thing at a time This book is typical of many self-help books in that it includes a simple idea at its core but spends dozens and dozens of pages getting to it... It all depends. We feel so excellent about completing a dreaded task, that we want this feeling again. USUALLY DO NOT skip Component 1 (tempting because you intend to get to the how-to-fix-this part). NICE!" aloud to his sentiments, also if they were bad - because I had hardly ever knew that's exactly how I sensed, and I was therefore glad someone else felt it. It functions. Buy it! Go through it! Do More and FEEL MUCH BETTER -- an Organizer Mentor thanks David Parker! What a huge relief to know without a doubt that I'm not by yourself in my own struggles to be successful when confronted with countless daily jobs. Rather enjoyable even!T. methodology that David Parker therefore obviously outlines. His courageous willingness to talk about his personal trip will resonate with procrastinators and the people who love them, work with them.After doing the JOT for three days, We "unplugged" the bottled up "need to's" of at least 8 weeks, made decisions, got things shifting at least 3 or 4 fronts that were stymied. In some way in this process, I ran across this publication, The More You Perform, The Better You Feel by David Parker.O. This reserve was recommended by a client therefore i knew it will be worth my reading time! If procrastination is normally keeping you down, buy it, read it, Do More and Feel Better. Get Moving to Overcome Procrastination! Excellent! Steps to overcoming procrastination that truly are functioning for me! I specifically appreciate his touch upon p 29 "I began writing that Emotions Journal as a kind of self-constructed ladder, to greatly help me climb a path of self-discovery and betterment. Maybe, maybe not. "I continued writing in my journal so when period passed, I accumulate enough material to begin looking back again at what I wrote, and this presented me with an opportunity to observe the methods and patterns in which my brain worked."This is one insight in virtually any book full of nutrients. I'm on Day time 1 of decluttering and it was completely painless." it's an excellent one it's rather a good reserve that you won't regret to browse if you are an procrastinator just browse it and it'll do good to you. sincerely written.this is a real self help book,it can be a life switch for procrastinator,for all your books just concentrate on the tons of techniques,this one can go through to your heart , just browse it and you may know. Repeated messages. While he urges his readers never to skip to the 'solutions' section, I was either likely to skip or end reading, so I did visit the J. This book could have been much better edited. This book could have been condensed down to 50 pages or less. The self help strategy is limited to a couple ideas. All of those other book is about the author's personal journey and the consequences of procrastination.O. The author writes in ways concerning say - I dealt with this, so I can help you understand the proceedings and how exactly to improve your situation. Disappointed!AND you'll feel great and enjoy your leisure because all of the haff-tas aren't . Filler?Yes, it takes effort to write but the payoff is more than worthy of your time and effort. Unquestionably worth reading and implementing.! Personally, i felt that a true procrastinator might not get through enough of the book to get to the solutions. This first part, while interesting enough in subject matter, quickly becomes repetitious. You can read it if you want greater insights into the issue, but following a while, it began to bore. My procrastination centers mainly around housework.The second part may be the all-important "how exactly to." The author's technique --- to do one thing at a time rather than get overwhelmed --- is hardly new, but it's good, and it's well-presented, with enough good examples to make it useful and actionable. He phone calls it the "JOT" method, which means "JUST ONE SINGLE Thing."If you just want to learn the technique, the reserve really could have been twenty pages, but then it couldn't offer as a twenty dollar paperback. But maybe you want the whole backstory. The first component is about the nature of procrastination and the author's own problems with it. David Parker describes such a predicament perfectly because he's been there. The method is solid and workable and well-described, and that is what

counts. We procrastinators do not realize the way the way we think that and how we self-talk may defeat us, leading to us to end up being depressed , and how this develops into an countless cycle leading to us to experience defeated. Maybe its motivating. It's \*liberating\*! It offered a different and thorough perspective in procrastination than We expected. Most of the times, I would say "NICE! Really astonishing. I'll inform you how it goes, I'm applying his technique today. Helps us understand why we procrastinate and how exactly we may overcome it. If you want to read all the rest of the surrounding material, that's up to you. When we do this we will be therefore depressed with a messy disorderly home, we have been reminded that we have the capability of obtaining it back in order because we've done it before. In two 10-minute chunks I cleared up messes in three rooms that were distressing me and "mind-boggling" me for days. It is possible to only say a similar thing a wide variety of ways. This book talks a lot about that. Once we begin the process of completing some cleaning and organizing jobs, we like the results so much that people do not want to return to your old ways;. It gives us advice on what we can consider the initial step toward action and start feeling good about ourselves. This book talks about procrastination with tasks other than housekeeping, but that is the region that put on me the most. mind-blowing I've not yet finished this book; actually, I'm only half-method through but I cannot wait any more to inform everyone who struggles with habitual procrastination, purchase this book!!!The writer is up-front about the idea that the book is in two parts, and invites you to cut to the chase (by skipping the first part) if you wish.! It makes his book the only one I want on my bookshelf for assist in this region. I am not a procrastinator in most parts of my life (not really going to lie about that daily workout). And I can't put into terms the laser-like accuracy of the description of my entire life. Personally i think naked and uncovered while reading this. How can this person who's hardly ever fulfilled me, articulate the inner battle that's dominated and consumed my life with such precision and fine detail? He doesn't just know what I do (or don't do), but how I think and how I respond--things I've by no means told anyone, not my mom, not my husband of twenty years. But here it really is, written for all the world to see. Find if you can even identify with one of these descriptions: "As an adult procrastinator, I frequently felt like a child lost in a ocean of adults. I don't want to quote an excessive amount of and violate copyright laws--lol--but here are some snippets that strike me right between your eyes. Five Stars Knocking out my TO ACCOMPLISH list better than before. Thanks! Extremely useful options for coping with procrastination and low self esteem. While I do not procrastinate to the level I once did, I recognized a lot of my current behavior patterns in this book. There is so much materials which resonated with me and helped me to improve my productivity. If you are coping with what I'd describe has mild major depression (definitely not clinical depression) - this reserve can definitely help in addressing your position in a compassionate method. Very little effort was put in writing this. I highly recommend this reserve. It's a very simple solution but very efficient. For about 3 years I've struggled with prioritizing jobs because they often all seem equally vital that you me. This has caused me a whole lot of anguish, confusion, and exhaustion.Still in every, I see this mainly because a four-star book. Great book -- We see instant application for the J.. Section 1 describes his personal credentials for speaking as an expert on this important topic. The low self-confidence that procrastination creates is certainly heartbreaking and frightening. His compassionate message of expect recovery is so important. Recently, I've concentrated my reading on habits and procrastination. I'm studying the book today and after appreciating the author's personal struggles and successes, I have already found specific ways to switch my thinking and behavior. The J.O.T.T. It really is writing one thing, doing that one matter, crossing it off, then writing another thing. The J. I am a qualified Organizer Coach and work with adults who have executive function challenges around planning, decision-making, usage of time, and starting out on that ever-developing to-do

list.T. method worked for me personally!. There's quite a bit of repetition simply where you want it the least. however, we will sometimes mess up and slip back into our old habits. I also recognize the effort Parker has placed into understanding his very own emotions.namely in the first section when he's describing his (and, yes my) procrastination habits so obviously. He's resided it and he's really nailed it, quite uncannily in fact. Reading about these behaviors, I found myself getting ultimately more and more depressed / despondent the first half of the publication.. Those consequences are continuously repeated over and over again. method isn't (as I am aware it and have worked with it) simply writing a list and crossing off completed items. section in the next half. Guidelines for successful living from an writer who has did the hard work for us. Thank you David Parker for "The even more You Do, The Better YOU ARE FEELING.O.This book can help you dejunk your attitude, your ideas, your house and your life, AND you'll feel great and revel in your leisure because all the haff-tas aren't crushing your spirit. Just buy this book currently! Amazing. Every web page describes the day in the life of a procrastinator! Super helpful, real world help. Thanks!



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