



# Declutter: 20 Effective DIY Solutions and Tidying Techniques To Live A Clutter Free Life

*Daniel Kenzie*

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**There are a number of things that could be responsible for procrastination, including the avoidance of negative emotions by delaying more stressful tasks. Procrastination can result in stress, a sense of guilt and severe loss of personal productivity. These feelings when combined often add up to further procrastination.**

**Whilst it is regarded as normal for people to procrastinate to some degree and it only becomes a problem when it has an impact on your daily life and functionality. Regardless of your personal stance on procrastination this book has been designed for you to find the answers, stop putting things off and getting on with things.**

**The book covers the following topics in depth:**

1. - Why Do You Procrastinate?
2. - Why Are You Distracted?
3. - Methods to Stop Procrastination
4. Organizing Your Life for Productivity
5. The Effective to-do list
6. Guided advice on what to do to become more productive
7. - How to recognise that you are productive.

**This book discusses key points in our lifestyles today, from social media to just a general lack of organization. If the steps are followed, this book will help *anyone*, in *any* situation find ways to become**

**more productive.**

***Take action now and buy this book for 0.99 before prices rise to \$5.00!***

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