

Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time, #9781576755044 #2007 #Brian Tracy #128 pages #Berrett-Koehler Publishers, 2007

There were no "great (or even mediocre) ways to STOP PROCRASTINATING" listed in this book. Instead, it goes on and on about how to organize your thoughts around goals, which is fine and valid, but NOT what I assume someone looking for a book about measures to specifically address procrastination is trying to read about. The tone of this book comes across like "well, if you don't want to be poor anymore, go make some money!" Rather, "if you don't want to procrastinate any more, just go do something!" But then doesn't show you ways HOW to do something... It really delivered on the promise of getting more done in less time, at least that of importance. HIGHLY recommended. Will be buying this for my team. Brian Tracy uses this amphibious metaphor in his book Eat That Frog!, which has more than a few pointers on getting things done (21 to be exact). "Frogs" are the most important things on our to-do lists (and often the most difficult and time consuming) that we absolutely must do but often put off for "easier" tasks that are less important but can be done faster. This is a mistake that even the most deadline-driven and results-oriented people make. In order to get eat the proverbial frog, we must focus 100 percent on that task until the frog is consumed. The highest level of efficiency is achieved when time that should be dedicated to one task is not cut up and redistributed to others. 21 Great Ways to Stop Procrastinating and Get More Done in Less Time here. (No Ratings Yet). Stop Procrastinating Get More of the Important Things Done " Today! There just isn't enough time for everything on our to-do list " and there never will be. Successful people don't try to do. They learn to focus on the most important tasks and make sure those get done. They eat their frogs. There's an old saying that if the first thing you do each morning is eat a live frog, you'll have the satisfaction of knowing you're done with the worst thing you'll have to do all day. For Tracy, eating a frog is a metaphor for tackling your most challenging task " but also the one that can have the greatest positive impact on your life. Eat That Frog! shows you how to organize each day so you can zero in on these critical tasks and accomplish them efficiently and effectively. Find many great new & used options and get the best deals for Eat That Frog! : 21 Great Ways to Stop Procrastinating and Get More Done in Less Time by Brian Tracy (2017, Trade Paperback, New Edition) at the best online prices at eBay! Free shipping for many products! Eat That Frog! challenges your working practices, it explains the self-discipline needed to succeed, and [it] firmly gets to the root cause of why people procrastinate. Then it effortlessly explains how to boost your productivity once and for all." - -Micro Business Hub "If you find procrastination to be a consistent problem in your life, Eat That Frog! offers a concise and valuable collection of tactics to try.