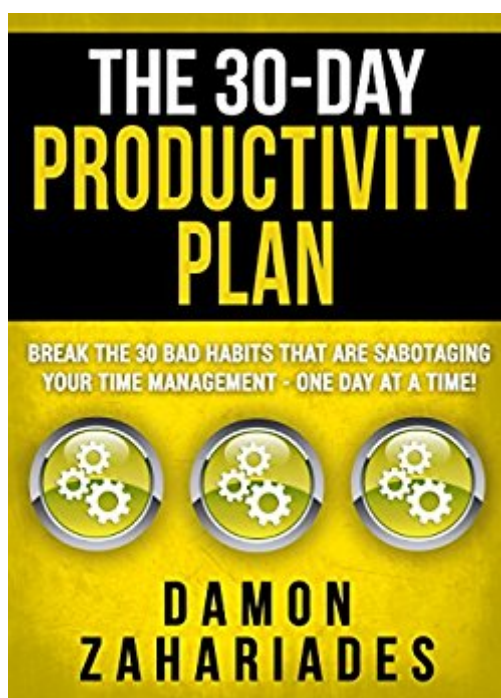


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# The 30-Day Productivity Plan: Break The 30 Bad Habits That Are Sabotaging Your Time Management - One Day At A Time! (The 30-Day Productivity Boost Book 1)



## Synopsis

Are you sick of procrastinating, losing focus and leaving projects unfinished? Do you feel overwhelmed by your responsibilities and unable to control the chaos of your day? Do you feel you could be more productive if only you knew how to manage your time? If so, you need *The 30-Day Productivity Boost*. This action guide takes you, step by step, through 30 bad habits that are crippling your time management efforts. Each habit is explored in detail. You'll learn about the triggers that prompt them and the ways in which they hurt your productivity. Most importantly, you'll receive actionable tips you can use immediately to curb the bad habits that are holding you back and create healthier, more productive habits in their place.

**A Blueprint For Better Time Management!** The *30-Day Productivity Boost* gives you the tools to make the most of your time. It gives you the steps along with a simple system for putting those steps into action. Here's a sample of what you'll learn in this fast-paced action guide:

- A simple formula for creating to-do lists that actually work
- How to slash the amount of time it takes you to complete any task
- How to stop being a people-pleaser and catapult your productivity
- 5 tips for designing your workday so you can avoid working overtime
- Imagine how the extra time you'll have after putting these tips into practice will improve your life:
  - You'll experience less stress
  - You'll enjoy more time with your family
  - You'll be able to pursue personal hobbies
  - You'll have the freedom to be more spontaneous

And that's just scratching the surface. The *30-Day Productivity Boost* will show you how to create a rewarding lifestyle while still getting things done. You'll learn:

- How to create a diet that improves, rather than hinders, your productivity
- A 6-step system for breaking your procrastination habit
- 6 easy tips for curbing your social media addiction
- The productivity-killing effect of television and how to deal with it
- How to control your inner critic and regain confidence in yourself

Are you ready to reap the benefits of high productivity? Would you like to get things done more quickly so you'll have the time you need to pursue other passions? You need *The 30-Day Productivity Boost*. In this action guide, you'll discover:

- 6 ways to leverage your body's natural rhythms to get more work done
- The one addiction nearly everyone suffers from (and how to crush it!)
- 4 actionable tips for taking advantage of the Pareto principle
- 5 steps to creating reachable goals that motivate you to be more productive
- An 8-step formula for avoiding - or recovering from - burnout

**Bonus Material Included In *The 30-Day Productivity Boost*** I've included an entire chapter devoted to helping you curb the behaviors that are destroying your time management efforts. You'll learn a simple, 10-part system for breaking these bad habits and replacing them with behavioral patterns that boost your productivity.

**Take Action Today!** The choice is yours. You can keep doing what you're currently doing and experience the same frustrating results. Or take action to improve how you manage your time. Download your copy of *The 30-Day*

Productivity Boost today and create a more rewarding lifestyle!

## Book Information

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## Customer Reviews

Yes, it has actionable advice that can indeed increase your productivity. Subscribe to his newsletter which is one of the three newsletters worthy of not being in a spam list. Another diamond from the same author: *The Time Chunking Method: A 10-Step Action Plan For Increasing Your Productivity* (Time Management And Productivity Action Guide Series) Small, to the point, worth every penny and more!

The book is well laid out. Some redundancy, but nothing is belabored. Action plans make sense and are offered cafeteria style - use what fits your situation. The different "tracking" suggestions are fine if one is really clueless about one's daily life, but for the most part, the tracking eats up too much time.

Useful guide for getting more done. Helped me build out productivity frameworks that have helped me think more clearly and waste less time. Going to do a reread to help it sink in further.

I am a professional & have read other books & attending seminars over the years but this book was/is truly excellent! The concepts are concise, relevant, & useful. The key is always whether I'll actually make a change in my behavior not just like the ideas. Damon's book really did get me to make changes in my everyday behavior & thinking. I highly recommend this book for professionals in all fields.

Well written and concise. I became so engrossed in the plan that I read through the entire book at one sitting. Ideas are simple and easy to incorporate into daily routine: life and work!

I love this book short easy to read chapters with lots of ideas. Read through once and then go back and read a chapter a day. It has been helping me set a more reasonable amount of goals and cross them off my list!!

No bla bla, the autor writes directly to the point including short examples when needed to reinforce ideas. Perfect for fast reading in the morning to keep in mind each chapter all day so you notice your behavior.

Concise Fast Read consistent with strategies from authors who delve into these subjects more deeply. Excellent reference I can use.

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The 30-Day Productivity Plan: Break The 30 Bad Habits That Are Sabotaging Your Time Management - One Day At A Time! (The 30-Day Productivity Boost Book 1) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) Time Management: Guide to Time Management Skills, Productivity, Procrastination and Getting Things Done (time management, procrastination, productivity, ... successful people, efficiency, schedule) The End Of Chaos: Break Away From Bad Habits, Addictions And Self Destructive Tendencies Before They Break You Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly

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