



## The Friction Method: Learn Little Tricks to Get Things Done, Avoid Procrastination and Correct Bad Habits. Now.

By Cissp Thomas Porter

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Save time and money: get the principles of great productivity books for one tenth of the price! In this booklet I ve condensed the information I ve been collecting for the last 3 years of my life. I ve been reading books about productivity, blogs about procrastination and articles about psychology in order to fix my problems with motivation and productivity. I have come to the point in which I can say I ve won that battle. And now, I share my knowledge with you! I ve read Getting things done by David Allen, Checklist by Atul Gawande, Thinking fast and slow by Daniel Kahneman and many more great books. I ve tried to understand what goes on in our mind when we procrastinate, what makes us want to make bad long term choices and what motivates us. I ve applied their principles and I ve tested them in a wide variety of situations. I ve extracted what works and what doesn t, what deserved to become a part of my routine and what did not. I can...

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