



Habit: The Art of Productivity

Alexandru Okros

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Time management is dead. What now?

Be honest with yourself and answer these 2 questions:

- Are you one second too lazy in almost everything you do?
- Do you feel like a hamster on a wheel, getting no peanut?

What will you learn from this book?

- ✓ Crush and bury dead time
- ✓ Escape your past
- ✓ Ditch ALL KINDS of daydreaming
- ✓ Make habits that force you to be productive
- ✓ Get things done faster. And better
- ✓ Get rid of the 3 types of stress: physical, mental and emotional
- ✓ Become an everlasting battery of energy, health and good will

I did all of those.

And I was a welder, 10 years ago.

What's stopping you?

Were you expecting a long, boring description?

Sorry to disappoint you.

This book is straight to the point. And BS free.

Get the audiobook for **FREE**, once you buy the book.

Here's a sample (copy / paste it in your browser address bar):

<http://brutewill.com/audiobook-sample/>

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I. 3 Questions You Might Have

II. Before We Start

- Features vs. Benefits. Which One?
- Busy, Busy, Busy
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- Idle Entertainment
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Ten truths

- 1st Truth: Anyone Can Be Productive
- 2nd Truth: There Is No Time Management
- 3rd Truth: I Have 3 Brains. Chances Are, So Do You
- 4th Truth: Habit Is a One-Way Street
- 5th Truth: Chaotic Chain Reactions
- 6th Truth: Talents and Strengths. What Are Your Best Traits?
- 7th Truth: Is Your Future the Sequel to Your Past?
- 8th Truth: Fear Is Crippling
- 9th Truth: Make Your Choice
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- 1. Throw Out the Mental Trash
- 2. Stop Your Mind From Wandering
- 3. Get Rid of What’s Siphoning Your Energy
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- Homework

Chapter 2. Eliminate chaotic chain reactions

- Exercise
- Homework

Chapter 3. Strangle your incessant inner critic

- Exercise
- Exercise
- Homework

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- Exercise
- Exercise
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Chapter 5. Get out of the gray zone

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- Exercise
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Chapter 8. You're Not a Puppet Life Pushes Around

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- Exercise
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My (Almost) One-Page Story

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Carroll Torres:

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Robert Penrose:

In this period globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The actual book that recommended to your account is Habit: The Art of Productivity this e-book consist a lot of the information in the condition of this world now. This kind of book was represented how can the world has grown up. The language styles that writer use to explain it is easy to understand. Often the writer made some analysis when he makes this book. Honestly, that is why this book appropriate all of you.

Valerie Little:

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