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Get Things Done: What Stops Smart People Achieving More and How You Can Change

Robert Kelsey
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deeply rooted ineffective habits and self beliefs. Thank you, Robert, for sharing your own journey, and more importantly, structuring what you learned along the way into this book.0 of 0 people found the following review helpful. Great bookBy skallVery well written book! I actually read most of it online and decided it was worthy of becoming a part of my book collection. It's easy to read and very motivating!0 of 0 people found the following review helpful. Five StarsBy Stephen hallGreat book!

Robert Kelseyrsquo;s Whatrsquo;s Stopping You? has become a self-help classic. His Whatrsquo;s Stopping You? books have helped thousands of people worldwide overcome their limiting beliefs and bash through their barriers to success. Now Robert is back to help us defeat the obstacles that stop us achieving more in our everyday lives. Many of us have the greatest of intentions but find ourselves procrastinating, which results in low attainment and frustrated ambitions. Grounded in solid psychological research Robert helps us examine why we might have these tendencies and how to overcome them in order to feel more together, in control and on-top of everything. Looks at the psychology behind why we procrastinate, in order to understand and change our behaviour, forming new, effective habits Provides practical solutions to help us lsquo;get things donersquo; in real life situations including meetings, on the phone, with e-mail, looking for a job and starting a business Includes techniques to improve focus and aid concentration Examines how disorganisation is not innate and how we can learn processes that will allow us to be more effective How to bring control to certain areas of your life and reduce stress and uncertainty Get Things Done is emotional ergonomics for the organisationally-challenged individual ndash; at home, at work, with themselves, and with others.

If there s one book you actually finish reading in 2014, make it this one. (Elite Business, January 2014) his pally yet tough approach to self-improvement makes for good reading. By laying bare his own experiences, he quickly builds up a level of trust and empathy that would warm the cockles of the most cynical of readers. (Third Sector, February 2014) Personally I can see myself raiding it a lot for ideas as it calls me to tailor my plans, separate my trash from my treasure and stops my inbox ruling my life. (The Bookbag, February 2014) Full of practical advice and lots of tips on how to enhance your current situation, Kelsey offers a pragmatic and honest approach to day-to-day living and its annoyances. (The Sun, March 2014)From the Back Coverlsquo;Anbsp;Smouml;rgaring;sbord of practical tips for getting your life under controlrsquo; John Williams, author of Screw Work Let's Play Whatrsquo;s stopping you making progress? Why are you stuck in the same old ineffective routines? What causes procrastination or self-sabotage or mental clutter? Making progress isnrsquo;t just about time management and lsquo;to-dorsquo; lists. Itrsquo;s about understanding the poor habits and deep insecurities that can wreck progress in both our career and our personal life. Get Things Done is an insightful exploration of the poor conditioning and self-esteem issues that can hold us back. By understanding the root causes of our ineffectiveness, we can break free from our organizational incompetence ndash; helping us develop strong goals and execution skills, as well as avoid the traps that can drag us back to our self-sabotaging worst.nbsp; Using solid psychological research and analysis, Robert Kelsey, author of the bestselling Whatrsquo;s Stopping You?, provides tools and resources that help us plan and execute our desired future. Get Things Done helps you:nbsp; Realize whatrsquo;s blocking your achievement Generate goals that motivate you Get started and keep going through the setbacks Convert destructive habits into constructive practices Deal with barriers such as interruptions, distractions and family lifenbsp; lsquo;The hallmarks of Robert Kelseyrsquo;s work are thorough research, personal insight and thoughtful presentationrsquo; John Caunt, author of Organise Yourself Genuine, easy-to-read and based on solid research. You want to get results in your life? Then start by reading this book!rsquo; Tim Ursiny, Ph.D., RCC, CBC, founder of Advantage Coaching Training and author of multiple books