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The Champ is an excellent book for anyone interested in understanding the science of procrastination and how it affects our daily lives. Through a series of engaging stories and real-life examples, the author explores how procrastination develops, why it's so difficult to overcome, and what we can do about it. From the bestselling author of The Willpower Instinct, this book is a must-read for anyone who wants to understand and conquer procrastination.

The book begins by introducing the concept of procrastination and its various forms, such as decision procrasation, planning procrasation, and execution procrasation. The author then explains how procrastination develops in our brains and how it affects our decision-making and behavior. The book provides practical strategies for overcoming procrastination, including setting specific goals, breaking tasks into smaller steps, and using positive self-talk.

The book is written in an accessible and engaging style, making it easy to understand and digest. The author also includes personal anecdotes and case studies to illustrate the points she makes. Overall, The Champ is a valuable resource for anyone looking to improve their productivity and overcome procrastination.

In conclusion, The Champ is a must-read for anyone interested in understanding the science of procrastination. The book provides a comprehensive understanding of the topic and offers practical strategies for overcoming procrastination. If you struggle with procrastination, I highly recommend checking out The Champ.
A New Understanding of ADHD in Children and Adults

Brian Tracy

Recent scientific research has developed a new paradigm which recognizes ADHD as a developmental disorder of the cognitive management system of the brain, its executive functions. This paradigm book puts together the pieces of this new understanding of ADHD, exploring theories and describing understandable scientific research that supports this new model. It addresses questions like:

- Why can those with ADHD focus very well on some tasks while having great difficulty in focusing on other tasks they recognize as important?
- How do impairments of ADHD change from childhood through adolescence and into adulthood?
- How do treatments help to improve ADHD impairments? How do they work? Are they safe?
- Why do those with ADHD have additional emotional, cognitive, and learning disorders more often than most others?
- What commonly held assumptions about ADHD have been shaped, emboldened, and softened by grace? Let's make certain grace gets you.

Are you ready to move from insecure to God secure? From regret riddled to better-because-of-it? From afraid to die to ready to fly?

From grace to great! This book will give you an overview of the basis for the new understanding of ADHD.

The Triple Package

No Excuses - Jed Rubenfeld

The Triple Package puts together the three essential components of success – its hidden spurs, inner dynamics and its potentially damaging costs – showing how, ultimately, when properly understood and harnessed, the Triple Package can put anyone on their chosen path to success.

No Excuses! shows you how you can achieve success in all three major areas of your life; 1. Your personal goals. 2. Your business and money goals. 3. Your goals in your community. With these guidelines, you can learn how to be more disciplined in one aspect of your life, with end-of-chapter exercises to help you apply the “no excuses” approach to your own life.

You don’t need to have been born under a lucky star, or with incredible wealth, or with terrific contacts and connections, or even great looks. But if you do possess even one of these, you have a difficult battle to be successful. In every area of life, the path of least resistance (in other words, they’re lazy) and/or they want immediate gratification; they don’t consider the long-term consequences of the actions they take today. The secret here is you have to walk with others in all three major areas of your life. If you want permanence? If your business and your goals? If your health and your goals?

Your overall happiness. Each of the 21 chapters in this book shows you how to be more disciplined in one aspect of your life, with end-of-chapter exercises to help you apply the “no excuses” approach to your own life.

With these guidelines, you can learn how to be more successful in everything you do – instead of wistfully envying others who you think are just “lucky” than you. A little self-discipline goes a long way...so stop making excuses and read this book!

The Three Package

No Excuses - Jed Rubenfeld

No Excuses! shows you how you can achieve success in all three major areas of your life; 1. Your personal goals. 2. Your business and money goals. 3. Your goals in your community. With these guidelines, you can learn how to be more disciplined in one aspect of your life, with end-of-chapter exercises to help you apply the “no excuses” approach to your own life.

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