



Always Late and Never Happy: How to Stop Procrastinating and Start Doing Anything

Elizabeth O'Brien

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If you're like most people, then procrastination is a problem that you face from time to time. *Have you ever had to face serious consequences as a result of putting something off? Have you ever lost money in late-fees or valuable time in "making up" for what you should have done **last month, last week, or last year?***

It doesn't have to be that way! Overcoming procrastination is easier than you think. And better yet, it's not some formula that requires "buckling down and doing it" while kicking and screaming. If you can recreate your perspective, even washing dishes can be a fun activity.

In this book, you'll find a plethora of different ways to approach those big-term goals you've always wanted to achieve, as well as methods for tackling the day-to-day tasks that we often find ourselves putting off until tomorrow. Procrastination doesn't have to rule your life—or your pocketbook!

No one wants to look back on a life wasted or feel regret for having put off the things that really mattered to them. *And no one has to.* Overcoming procrastination means leading a fulfilling life and learning to enjoy each moment—even the ones where you're getting mundane tasks done.

So what are you waiting for? Start reading *Always Late and Never Happy: How to Stop Procrastinating and Start Doing Anything*, and make tracks on the path toward your dreams today!

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