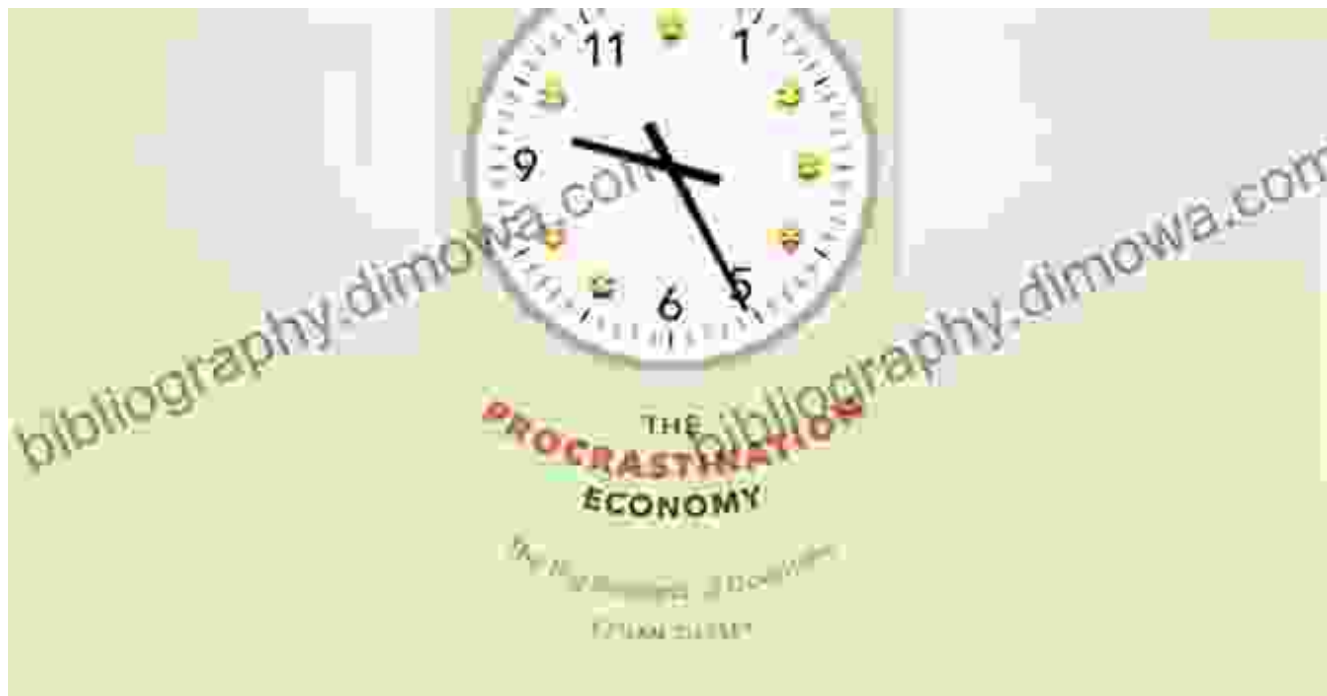


# The Procrastination Economy: The Big Business of Downtime



## Procrastination Economy, The: The Big Business of Downtime by Ethan Tussey

★★★★★ 5 out of 5

Language : English  
File size : 2798 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray for textbooks : Enabled  
Word Wise : Enabled  
Print length : 242 pages  
Screen Reader : Supported

FREE

DOWNLOAD E-BOOK



Do you ever find yourself putting off tasks that you know you should be doing? Do you get distracted easily and have trouble staying focused on your work? If so, you're not alone. In fact, you're part of a growing trend that's costing the global economy billions of dollars each year.

In her new book, *The Procrastination Economy*, author Devon Price argues that procrastination is not just a personal problem, but a systemic one. She points to the way that our workplaces, schools, and even our homes are designed to make it easy for us to procrastinate. We're constantly bombarded with distractions, and we're often rewarded for putting off tasks until the last minute.

The result is a culture of procrastination that's costing us time, money, and happiness. Price cites studies that show that procrastinators are more likely to be overweight, have lower incomes, and suffer from depression and anxiety. They're also more likely to get into debt and have relationship problems.

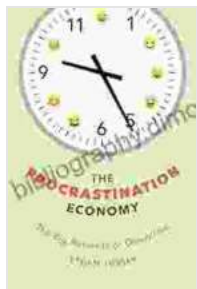
But it doesn't have to be this way. Price offers a number of practical strategies that can help us overcome procrastination and get more done. She shows us how to identify our procrastination triggers, develop better time management habits, and create a more supportive environment for ourselves.

*The Procrastination Economy* is a must-read for anyone who wants to break the cycle of procrastination and achieve their goals. It's a fascinating look at the ways in which our addiction to distraction is costing us, and it offers a path to a more productive and fulfilling life.

**Free Download Your Copy Today!**

The Procrastination Economy is available now from Our Book Library, Barnes & Noble, and other major retailers.

Buy on Our Book Library Buy on Barnes & Noble



## Procrastination Economy, The: The Big Business of Downtime

by Ethan Tussey

★★★★★ 5 out of 5

Language : English  
File size : 2798 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray for textbooks : Enabled  
Word Wise : Enabled  
Print length : 242 pages  
Screen Reader : Supported

FREE

DOWNLOAD E-BOOK



## Twenty-Eight Days on the Russian Front: A Thrilling Tale of Valor and Endurance

Witness the Unforgettable Winter Warfare Twenty-Eight Days on the Russian Front transports readers to...



## **Crown of Nightmares: The Venatrix Chronicles - An Epic Fantasy Adventure That Will Captivate Your Imagination**

Embark on an epic journey filled with mystery, magic, and danger with Crown of Nightmares: The Venatrix Chronicles. This captivating novel will transport you to the...