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# Eat That Frog!: 21 Great Ways To Stop Procrastinating And Get More Done In Less Time



## Synopsis

NEW EDITION, REVISED AND UPDATED The legendary Eat That Frog! (more than 1.5 million copies sold worldwide and translated into 42 languages) will change your life. There just isn't enough time for everything on our "To Do" list and there never will be. Successful people don't try to do everything. They learn to focus on the most important tasks and make sure they get done. There's an old saying that if the first thing you do each morning is to eat a live frog, you'll have the satisfaction of knowing that it's probably the worst thing you'll do all day. Using "eat that frog" as a metaphor for tackling the most challenging task of your day—the one you are most likely to procrastinate on, but also probably the one that can have the greatest positive impact on your life—Eat That Frog! shows you how to zero in on these critical tasks and organize your day. You'll not only get more done faster, but get the right things done. Bestselling author Brian Tracy cuts to the core of what is vital to effective time management: decision, discipline, and determination. In this fully revised and updated second edition, he provides brand new information on how to keep technology from dominating your time. He details twenty-one practical and doable steps that will help you stop procrastinating and get more of the important tasks done today!

## Book Information

Paperback: 128 pages

Publisher: Berrett-Koehler Publishers; 2nd edition (January 1, 2007)

Language: English

ISBN-10: 1576754227

ISBN-13: 978-1576754221

Product Dimensions: 6.2 x 0.4 x 8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (823 customer reviews)

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## Customer Reviews

I don't write a lot of reviews, and I depend on reviews to help me have honest, non-biased opinion to help me spend my money. In that spirit, let me say that "Eat That Frog" is a complete waste of money. There are a number of good books on procrastination out there, but this book is not one of

them. What ideas this book may contain can all be gleaned from the reviews already written here on . There's actually more substance in some of them than in the entire book itself. I found myself shaking my head and angrily turning every page, frustrated that Tracy could get away with publishing a book so completely devoid of content. Fortunately this book is short; it deserves to be a pamphlet. A very short pamphlet. That's not completely fair. The book has content, but it's either embarrassingly common sense, or startlingly unoriginal. Add in the fact that Tracy writes like, well, a second-tier motivational speaker and there you've got it. For example, here's a sentence from chapter 9, "Refuse to allow a weakness or lack of ability in any area to hold you back." Does that motivate you? Does it help you in any way? Me neither. Fill 113 pages with large type and a lot of white space with this empty, thoughtless, and above all condescending blather and you, too, can write a motivational book. Oh, and don't forget to fill ten pages with blatant self-promotion ("Double your income, Double your time off!") just to beef up the page count and make the book a little thicker. Perhaps you really are a desperate procrastinator (like myself) who's looking for someone to help him out of his overwhelmingly negative habits. You want to find a book to help?

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