

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

Companies routinely claim that 'Our People Are Our Greatest Asset', but research data shows that in practice most people do not actually use their assets much at work. This books aims to change that. When employees learn how to truly apply their greatest strengths at work, they turbo-charge their career potential and everybody wins. Companies find that their employees are more productive, their teams are more effective, their organization is more innovative and, accordingly, their customers are more engaged. In FIRST, BREAK ALL THE RULES, Marcus Buckingham proved the link between engaged employees and profitable bottom lines and highlighted great managers as the catalyst. In NOW, DISCOVER YOUR STRENGTHS he explained how to sort through your patterns of wishes, abilities, thoughts and feelings and, with the help of a web-based profile, identify your five most dominant talents. In GO, PUT YOUR STRENGTHS TO WORK he shows you how to take the crucial next step. How to seize control of your time at work and, in the face of a world that doesn't much care whether you are playing to your strengths, how to rewrite your job description under the nose of your boss. From the bestselling author of Eat That Frog!, a motivational guide to using the Psychology of Achievement to banish negative thoughts and behaviors and unlock your full potential for success. Letting go of negative thoughts is one of the most important steps to living a successful, fulfilling life, but also often the most difficult. In this practical, research-based guide, bestselling authors Brian Tracy and psychotherapist Christina Stein present their "Psychology of Achievement" program to help you identify and overcome detrimental patterns and ideas preventing you from achieving your goals or feeling happy and satisfied in your life. Whether this negativity stems from a past relationship that ended badly, a childhood trauma, a business or career failure, or general insecurity, Tracy and Stein help you recognize how conscious--and more oftentimes unconscious--negativity affects your personality, your outlook and your decisions. Along the way, they show you how to regain control of your thoughts, feelings, and actions, turn negatives into positives, and learn to accept unexpected life changes without falling back into old negative patterns. Essential reading for anyone feeling stuck, BELIEVE IT TO ACHIEVE IT offers an important roadmap to conquer negativity and embrace the power of positive thinking to live a happy, successful life.

The workbook follows the same twenty-one-chapter format as the book. Each chapter includes four exercises with space to do the exercises on the pages. The workbook will also include a narrative character who is struggling with procrastination in her work and home lives and uses the recommendations from Eat That Frog! to improve her time management performance.

The guide to shortening your execution cycle down from one year to twelve weeks Most organizations and individuals work in the context of annual goals and plans; a twelve-month execution cycle. Instead, The 12 Week Year avoids the pitfalls and low productivity of annualized thinking. This book redefines your "year" to be 12 weeks long. In 12 weeks, there just isn't enough time to get complacent, and urgency increases and intensifies. The 12 Week Year creates focus and clarity on what matters most and a sense of urgency to do it now. In the end more of the important stuff gets done and the impact on results is profound. Explains how to leverage the power of a 12 week year to drive improved results in any area of your life Offers a how-to book for both individuals and organizations seeking to improve their execution effectiveness Authors are leading experts on execution and implementation Turn your organization's idea of a year on its head, and speed your journey to success.

Track. Progress. Achieve.

The 21 Success Secrets of Self-made Millionaires

21 Great Ways to Stop Procrastinating and Get More Done in Less Time: Easy Read Comfort Edition

A Liberating Look at Time Management Strategies

No Excuses

Motivation

Eat that frog

Features twenty-one methods managers can use to increase the effectiveness of their employees.

Inspiring a narrative character who is struggling with procrastination in her work and home lives, this workbook follows the same format as the book, includes exercises within each chapter, and provides recommendations to improve time management performance. --

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what your planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's juicy and tender? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji Lopez-Alt has pondered all these questions and more. Drawing on his years of professional kitchen experience and home cooking, he's come up with the ultimate, foolproof, step-by-step recipes for all the beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you'll not only learn the basic techniques of home cooking, but also how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for busy professionals and stay-at-home mothers who want healthier recipes without sacrificing flavor. She teamed up with her nutritionist, Dana Larsen, to make hundreds of delicious, low-calorie recipes that everyone else in the world is talking about. These recipes make everyday cooking so easy, so stress-free, and so satisfying you'll become one of those people who just takes one look at you and says why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fly you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter, but still feature 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinnytasting" and sharing her new "skinny" recipes with friends. Today, her recipes have become a multi-million dollar business and she is the author of two bestselling cookbooks and the creator of Skinnytaste.

Eat That Frog! Action Workbook

The Food Lab: Better Home Cooking Through Science

Overcome Your Doubts, Let Go of the Past, and Unlock Your Full Potential

James and the Giant Peach

22 Ways to Stop Procrastinating and Excel in School

Believe It to Achieve It!

The Gospel of John is the most deeply spiritual of the four gospels. This writing is filled with rich images and profound truths, but John notes that his aim in writing the gospel is that readers will not only believe in Jesus Christ, but that they "may have life in his name." Adults, youth, and children alike can experience a season of spiritual growth and life-changing renewal in Adam Hamilton's six-week, DVD-series, John: The Gospel of Light and Life. You'll follow the life, ministry, death, and resurrection of Jesus through the Gospel of John and understand the context of some of the best-known verses in the New Testament. Everything you need to lead small groups of all ages is available for this special study including the entire Gospel of John in the CEB translation printed in the book.

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the vast landscape of behavior that is never taught in schools or at work. Clear shows how to build tiny, easy habits that will compound over time. There are no magic shortcuts. There is no quick fix. There is no "eat that frog" trick. There is one proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a new looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Adapted from Brian Tracy's international time-management bestseller, Eat That Frog!, this book will give today's stressed-out and overwhelmed students the tools for lifelong success. Like adults, students of all ages struggle with how to manage their time. Encountering the necessity of time management for the first time, high schoolers juggle classes, extracurricular activities (all but mandatory for college admissions), jobs, internships, family responsibilities, and more. College brings even more freedom and less structure, making time management even more critical. Brian Tracy's Eat That Frog! has helped millions around the world get more done in less time. Now this life-changing global bestseller has been adapted to the specific needs of students. Tracy offers readers tips, tools, and techniques for structuring time, setting goals, staying on task (even when you're not interested), dealing with stress, and developing the skills to achieve far more than you ever thought possible. This is the book that parents and teachers have long been wishing Tracy would write.

Discover 10 Essential Ways to Make the Most of Your Time "Time is money," as the saying goes, but most of us never feel we have enough of either. In Master Your Time, Master Your Life, internationally acclaimed productivity expert and bestselling author Brian Tracy presents a brilliant new approach to time management that will help you gain control of your time and accomplish far more, faster and more easily than you ever thought possible. Drawing on the latest research in productivity science and Tracy's decades of expertise, this breakthrough program allocates time into ten categories of priority—including strategic planning, goal setting, people and family, income improvement, rest/relaxation, and even creative time—and reveals the best techniques for focusing on each effectively. By thoughtfully applying the principles in Master Your Time, Master Your Life, you'll not only achieve greater results and reach your goals more quickly and successfully, you'll also have more time to devote to what you truly love.

21 Great Ways to Stop Procrastinating and Get More Done in Less Time: Easyread Super Large 18pt Edition

Six Powerful Steps to Achieve Outstanding Performance

21 Great Ways to Stop Procrastinating and Get More Done in Less Time

Goals!

The Power of Focus

Breakdown Of Eat That Frog! By Brian Tracy

The 12 Week Year

There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better. It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so fronded we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. To train for a marathon, we cut back on sleep. There has to be a better way and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. They focus on what they do best and what only they can do. After planning go wrong and they run out of time, only their lesser priorities suffer. It's not always easy, but the payoff is enormous. Vanderkam shows that it really is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter. The key is to start with a blank slate and to fill up your 168 hours only with things that deserve your time. Of course, you probably won't read to your children at 2:00 am, or skip a Wednesday morning meeting to go hiking, but you can cut back on how much you watch TV, do laundry, or spend time on other less fulfilling activities. Vanderkam shares creative ways to rearrange your schedule to make room for the things that matter most. 168 Hours is a fun, inspiring, practical guide that will help men and women of any age, lifestyle, or career get the most out of their time and their lives.

Your aim in life should be to achieve all of the wonderful things that are possible for you. There is no reason for you not to be earning twice as much as you are today, or even five or ten times as much. Your potential is practically limitless, if you could just learn how to utilize it. Clarity. Focus, and Concentration. Three strong, simple attributes needed to hone in your potential and hit the bull's eye! And just as you can develop your physical muscles through hard work and concentration, you can develop your mental muscles through continuous repetition. You have the ability right now to achieve more than you ever have before. Bull's Eye will teach you how to unleash your powers for success and accomplish more in the next few months than many people do in a lifetime.

Every idea in this book is focused on increasing your overall levels of productivity, performance, and output and on making you more valuable in whatever you do. You can apply many of these ideas to your personal life as well. Each of these twenty-one methods and techniques is complete in itself. All are necessary. One strategy might be effective in one situation and another might apply to another task. All together, these twenty-one ideas represent a smorgasbord of personal effectiveness techniques that you can use at any time, in any order or sequence that makes sense to you at the moment. The key to success is action. These principles work. To bring about fast, predictable improvements in performance and results. The faster you learn and apply them, the faster you will move ahead in your career - guaranteed! There will be no limit to what you can accomplish when you learn how to Eat That Frog!

Es gibt ein altes amerikanisches Sprichwort "Eat the Frog", das in etwa besagt: Wenn man morgens nach dem Aufstehen als erstes eine lebenden Frosch verspeist, kann man beruhigt durch den Tag gehen und darauf vertrauen, dass das das Schlimmste war, was einem an diesem Tag passieren konnte. Im übertragenen Sinn: Wer jeden Tag mit der schwierigsten und wichtigsten Aufgabe beginnt und diszipliniert arbeitet, wird Erfolg haben und Meister seines Lebens sein. Dieses Buch bietet eine Anleitung zu diszipliniertem und erfolgsorientiertem Handeln in 21 Schritten - von der Fokussierung auf Schlusselfragen über die Prinzipien der Selbstmotivation bis hin zur tatsächlichen Umsetzung der eigenen Pläne.

Light on Calories, Big on Flavor

How to Achieve Financial Independence Faster and Easier Than You Ever Thought Possible: Easyread Large Bold Edition

Don't Eat That Frog!

The Skinnytaste Cookbook

How to Get Everything You Want - Faster Than You Ever Thought Possible: Easyread Super Large 20pt Edition

Maximize Your Income at Any Time in Any Market

168 Hours

DISCLAIMER: This is not written by Brian Tracy It is an independent publication by Frank B. Maxwell that summarizes Brian Tracy in details It's intended to capture all of the important details from the original book. It assists you with getting a general summary before to or after reading the original book. About the Original Book It's time to stop procrastinating and get more of the important things done! After all, successful people don't try to do everything. They focus on their most important tasks and get those done. They eat their frogs. There's an old saying that if the first thing you do each morning is eat a live frog, you'll have the satisfaction of knowing you're done with the worst thing you'll have to do all day. For Tracy, eating a frog is a metaphor for tackling your most challenging tasks—but also the one that can have the greatest positive impact on your life. Eat That Frog! Shows you how to organize each day so you can zero in on these critical tasks and accomplish them efficiently and effectively. The core of what is vital to effective time management is: decision, discipline, and determination. And in this fully revised and updated edition, Tracy adds two new chapters. The first explains how you can use technology to remind yourself of what is most important and protect yourself from what is least important. The second offers advice for maintaining focus in our era of constant distractions, electronic and otherwise. This life-changing book will ensure that you get more of your important tasks done today.

In the spirit of business/self-help kits such as Darren Hardy's *The Compound Effect*, a simple formula for productivity and success, from a prominent sports psychologist and a star business coach who join forces to offer seven fundamental skills for improving your habits and achieving peak performance in work and life.

Eating the ugly frog is the worst thing you can imagine to do on any day. The frog here stands for the most important thing that we put off doing as it seems the most challenging one. In the list of your priorities, it is the most important thing that often gets neglected and delayed. Brian Tracy prompts us to action with his insightful methods that have stood the test of time. Sky is the limit for your success, if you have trained yourself to eat that frog first every day. Written in a simple and engaging style, he reveals the secrets of great and successful people who achieved greatest heights in their career and life. Why reading the summary of a book when you have the original? Time constraint is the biggest problem. As you are flooded with lots of work and don't find time to read it from the first page to the last, a well written summary enables you to know the unique ideas presented in the book clearly and precisely. It saves your time giving you the great advantage of reading the original book. Ant Hive Media reads every chapter, extracts the understanding and leaves you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours.

Focusing on twenty major obstacles to effective time management, a guide to using time well offers practical solutions to the problem.

The World Book Encyclopedia

Stop Procrastinating and Get More Done in Less Time

The 100 Absolutely Unbreakable Laws of Business Success

Learn Anything Quickly, Stack Your Skills, Dominate

Eat That Frog! Cards

The Workout Journal and Roadmap

21 Great Ways to Stop Procrastinating and Get More Done in Less Time: Easyread Super Large 20pt Edition

Mastering one specific skill set might have been the key to success 20 years ago . . . but being the best at a single thing just doesn't cut it in today's global economy. Think about those people who somehow manage to be amazing at everything they do—the multimillionaire CEO with the bodybuilder physique or the rock star with legions of adoring fans. How do they manage to be so great at life? By acquiring and applying multiple skills to make themselves more valuable to others, they've become generalists, able to "stack" their varied skills for a unique competitive edge. In How to Be Better at Almost Everything, bestselling author, fitness expert, entrepreneur, and professional business coach Pat Flynn shares the secrets to learning (almost) every skill, from marketing and music to relationships and martial arts, teaching how to combine interests to achieve greatness in any field. Discover how to: • Learn any skill with only an hour of practice a day through repetition and resistance • Package all your passions into a single tool kit for success with skill stacking • Turn those passions into paychecks by transforming yourself into a person of interest To really get ahead in today's fast-paced, constantly evolving world, you need a diverse portfolio of hidden talents you can pull from your back pocket at a moment's notice. The good news? You don't need to be a genius or a prodigy to get there—you just have to be willing to learn. How to Be Better at Almost Everything will teach you how to make your personal and professional goals a reality, starting today.

Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less TimeBerrett-Koehler Publishers

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

A convenient handbook to keep you on track with your fitness goals Not seeing the maximum fitness results you know you can achieve? It's time to get serious with your most powerful tool: The Workout Journal and Roadmap! With a durable, cleanable cover and convenient spiral binding (lays flat for tracking anywhere!), this handy-size journal is ready to tuck into your gym bag. The Workout Journal and Roadmap will energize your workouts and help you take them to a whole new level. The power lies in recording: • Your training goals—whether it's more reps or sets with higher weight or going farther and faster with cardio, even flexibility and mobility goals • Where you are right now—from body measurements to workout maxes and bests, so you can clearly see your progress and boost motivation to keep at it • Your performance for each workout—celebrate successes (physical and mental) and troubleshoot anything holding you back • Extra support from nutrition, supplements, and sleep—factors easy to overlook but also critical to reaching your fitness goals Easy-to-use log pages help you capture important workout measures—reps and sets, distance, heart rate, and more—in a strong, portable book. Plus, the simple yet powerful act of recording keeps you focused in each workout and motivated to stick to your overall fitness program. Get ready to see the results you've been chasing!

Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done Action Workbook

Brian Tracy's Eat That Frog!

8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life

Go Put Your Strengths to Work

Earn What You're Really Worth

Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time, Third Edition : [Summary].

Get More Done in 12 Weeks than Others Do in 12 Months

The Enhanced Edition includes short-course videos by the coauthors for each of the twelve chapters of the book (total of 18.5 minutes). Both Brian Tracy and Christina Tracy Stein show how to apply the messages of each chapter to everyday life. Videos include: Your Full Potential, Confront Your Frogs, You Become What You Think, The Law of Substitution, Victim of Victor in Life, and The Law of Forgiveness. Just like the lonely princess in the fairy tale who was reluctant to lock lips with a warty frog and transform him into a handsome prince, something stops many of us short of attaining our dreams. Our negative thoughts, emotions, and attitudes can threaten to keep us from achieving all that we're capable of. Here bestselling author and speaker Brian Tracy and his daughter, therapist Christina Tracy Stein, provide a set of practical, proven strategies anyone can use to turn those negative frogs into positive princes. Tracy and Stein present a step-by-step plan that addresses the root causes of negativity, helps you uncover blocks that have become mental obstacles, and shows how you can transform them into stepping-stones to achieve your fullest potential. The book distills, in an accessible and immediately useful form, what Tracy has presented in more than 5,000 talks and seminars with more than five million people in fifty-eight countries and what Stein has learned through thousands of hours of counseling people from all walks of life. "There is nothing either good or bad, but thinking makes it so," the authors quote Shakespeare. The many powerful techniques and exercises in this book will help you change your mindset so that you discover something worthwhile in every person and experience, however difficult and challenging they might seem at first. You'll learn how to develop unshakable self-confidence, become your best self, and begin living an extraordinary life.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn how to optimize your time so that you don't put off until tomorrow what you can do on the same day. You will also learn : how to organize a day; how to develop new efficiency strategies; how to prioritize tasks; how to find the motivation to act faster; how to be diligent. An eminent specialist in strategy, consulting, psychology and entrepreneurial coaching, Brian Tracy has studied the various ways to optimize his time in order to improve his daily performance. Both a spectator and a victim of procrastination, he has thought long and hard about how to prioritize tasks and no longer put off until tomorrow what can be done immediately. "Swallow the toad" offers new solutions to stop procrastinating. Now it's up to you to find the ones that best fit your schedule! "Buy now the summary of this book for the modest price of a cup of coffee!"

From the World's No. 1 Storyteller, James and the Giant Peach is a children's classic that has captured young reader's imaginations for generations. One of TIME MAGAZINE's 100 Best Fantasy Books of All Time After James Henry Trotter's parents are tragically eaten by a rhinoceros, he goes to live with his two horrible aunts, Spiker and Sponge. Life there is no fun, until James accidentally drops some magic crystals by the old peach tree and strange things start to happen. The peach at the top of the tree begins to grow, and before long it's as big as a house. Inside, James meets a bunch of oversized friends—Grasshopper, Centipede, Ladybug, and more. With a snip of the stem, the peach starts rolling away, and the great adventure begins! Roald Dahl is the author of numerous classic children's stories including Charlie and the Chocolate Factory, Matilda, The BFG, and many more! James and the Giant Peach remains a favorite among kids and parents alike nearly 60 years after it was first published, thanks to its vivid imagery, vibrant characters and forthright exploration of mature themes like death and hope. " —TIME Magazine

The international bestselling guide to managing time and prioritizing tasks—in a fully revised and updated edition featuring 2 new chapters! There's an old saying that if the first thing you do each morning is eat a live frog, you'll have the satisfaction of knowing you're done with the worst thing you'll have to do all day. For Brian Tracy, eating a frog is a metaphor for tackling your most challenging tasks—but also the one that can have the greatest positive impact on your life. Eat That Frog! shows you how to organize each day so you can zero in on these critical tasks and accomplish them efficiently and effectively. In this fully revised and updated edition, Tracy adds two new chapters. The first explains how you can use technology to remind yourself of what is most important and protect yourself from what is least important. The second offers advice for maintaining focus in our era of constant distractions, electronic and otherwise.

Bull's Eye

SUMMARY - Eat That Frog!: 21 Great Ways To Stop Procrastinating And Get More Done In Less Time By Brian Tracy

Atomic Habits

Organize Tomorrow Today

The Breakthrough System to Get More Results, Faster, in Every Area of Your Life

21 Great Ways to Stop Procrastinating and Get More Done in Less Time Summary

How to Be Better at Almost Everything

you don't need to have been born under a lucky star, or with incredible wealth, or with terrific contacts and connections, or even special skills...but what you do need to succeed in any of your life goals is self-discipline. Unfortunately, most people give in to the two worst enemies of success: they take 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. No eYescuses! 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 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 eYercises to help you apply the no eYescuses 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 luckier than you. A little self-discipline goes a long way...so stop making eYescuses and read this book!

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 -- this book shows you how to zero in on the critical tasks and organize your day. You'll not only get more done faster but get the right things done.

One of the most important assets you have is your earning ability: your ability to do something that other people will pay you for. This asset can be valuable and increase each year, or it can be stagnant and flat. Your greatest financial responsibility is to organize your time and your work so that you earn the very most possible throughout your lifetime. Earn What You're Really Worth will show you how. This book will be the bible of career advancement for your indefinite future. These tested, proven strategies will save you years of hard work and thousands of dollars of lost income. You will learn how to organize your life to ensure that you are earning the very maximum at every stage of your career. Earn What You're Really Worth is for every person who works in any competitive industry, including staff members or executives who want to earn more money, people in job transition, students entering the workplace, and every unemployed person who wants to get back into the workforce.

Why are some people more successful in business? Why do some businesses flourish where others fail? Renowned business speaker and author, Brian Tracy has discovered the answers to these profoundly puzzling questions. In The 100 Absolutely Unbreakable Laws of Business Success Tracy draws on his thirty years' experience and knowledge to present a set of principles or "universal laws" that lie behind the success of business people everywhere, in every kind of enterprise, large and small. These are natural laws, he says, and they work everywhere and for everyone, virtually without exception. Every year, says Tracy, thousands of companies underperform or even fail and millions of individuals underachieve, frustrated by thwarted ambition and dreams--all because they either attempted to violate or did not know these universal laws. But ignorance of the law is no excuse! Tracy breaks the 100 laws down into nine major categories: Life, Success, Business, Leadership, Money, Economics, Selling, Negotiating, and Time Management. For each of the nine groups he details the specific laws that govern it--laws such as the Law of Cause and Effect, the Law of Service, the Law of Increasing Returns, the Law of Compensation, and the Law of Independence. Drawing on a lifetime of observation, investigation, and experience, Tracy not only identifies and defines each law, he also reveals its source and foundation, whether in science, nature, philosophy, experience, or common sense. He illustrates how it functions in the world using real-life anecdotes and examples shows how to apply it to your life and work through specific questions and practical steps and exercises that everyone can use--sometimes in just minutes--to begin the journey toward greater business success. Now for the first time in one volume, these key principles can be understood and put to use by business people of all ages and experience for better, faster, more predictable results. "When you know and understand them," writes Tracy, "you gain a tremendous advantage over those who do not. When you organize your life and business according to these universal laws and timeless truths, you find that it is much easier to build and run a successful and profitable business or department, no matter what external conditions might exist...You will attract and keep better people, produce and sell more and better products and services, control costs more intelligently, expand and grow more predictably, and increase your profits with greater consistency." Easy to read, easy to understand, and easy to apply, The 100 Absolutely Unbreakable Laws of Business Success offers a straightforward, eye-opening, life-affirming approach to how the world of business really works.

The Time Trap

The Power of Self-Discipline

John

An Easy & Proven Way to Build Good Habits & Break Bad Ones

Eat that Frog!

Master Your Time, Master Your Life

The Gospel of Light and Life