



**DO**  
**WHAT YOU DON'T**  
**WANT TO**  
**DO**

**Achieving Excellence**  
**as a Procrastinator**

**Barbara Warren Ph.D. with Angelika Drake**

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# Do What You Don't Want to Do: Achieving Excellence as a Procrastinator

Barbara Warren

it is not your fault and also you would not have a disease. utilizing easy terms, Dr. Barbara Warren and Angelika Drake clarify the adaptation among a Thinking Person, mixed individual and Feeling Person. A particular wiring within the mind controls convinced behaviors. With the appropriate guidance, new neurological pathways might be constructed on your mind, and an extra effective way of life could be achieved. a 3rd of our inhabitants doesn't do what has to be done. This critical situation activates deep depressions, reasons the lack of jobs, wrecks families, and therefore leads to an ill-fated normal of life. People subsist with dreadful guilt and disgrace yet they do not know find out how to get away their predicament. while you're continuously not on time or usually Do What You Don't Want to Do: Achieving Excellence as a Procrastinator are not the organized, neat person who your folks or co-workers are, chill out and become aware of why. Feeling everyone is now not managed through a similar impetus as Thinking People. information of who you're and why you're feeling how you believe will help you achieve precious perception into your amazing Feeling Persona. Dr. Warren's consumers and scholars research within which events they should consider and during which they need to Think. by means of making the best Do What You Don't Want to Do: Achieving Excellence as a Procrastinator judgements they identify their personal three-fold persona, and so they develop into expert to hold out the 60% of obligations that experience to be done. Dr. Warren's study of this subject for over 20 years and her lectures concerning the related topic for fifteen years have given her the chance to discover details not available at any place else. Her unrivaled theory lightly lends a hand to someone who suffers from now not measuring up. As an ultra-distance athlete, Dr. Warren brings necessary classes from the intense into the lives of her scholars and clients. She has touched the sting of ultimate survival many times, and it truly is her project to decode for the public the most important secrets and techniques for success and performance. Her emphasis wouldn't be whole without a section on health, that is directed in particular to this character type. The keystone

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