

<<EAT THAT FROG 吃掉那只>>

图书基本信息

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### 内容概要

There's an old saying that if the first thing you do in the 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. Eat That Frog! takes this saying 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 will have the greatest positive impact on your life. Bestselling author Brian Tracy shows how successful people don't try to do everything, but instead focus on the most important tasks. With three vital rules of effective personal time management: decision, discipline and determination, and twenty-one practical and doable steps to help you stop procrastinating, this book will appeal to anyone who wants to get more of those important tasks done - today!

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