Super procrastinators: An almost complete guide to not getting things done on time

Barnes, Joseph E

Super Procrastinators

S Ashworth

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Super Thinking Gabriel Weinberg, Lauren McCann, 2019-06-18 A WALL STREET JOURNAL BESTSELLER You can t really know anything if you just remember isolated facts If the facts don t hang together on a latticework of theory you don t have them in a usable form You ve got to have models in your head Charlie Munger investor vice chairman of Berkshire Hathaway The world's greatest problem solvers forecasters and decision makers all rely on a set of frameworks and shortcuts that help them cut through complexity and separate good ideas from bad ones They re called mental models and you can find them in dense textbooks on psychology physics economics and more Or you can just read Super Thinking a fun illustrated guide to every mental model you could possibly need How can mental models help you Well here are just a few examples If you ve ever been overwhelmed by a to do list that s grown too long maybe you need the Eisenhower Decision Matrix to help you prioritize Use the 5 Whys model to better understand people's motivations or get to the root cause of a problem Before concluding that your colleague who messes up your projects is out to sabotage you consider Hanlon's Razor for an alternative explanation Ever sat through a bad movie just because you paid a lot for the ticket You might be falling prey to Sunk Cost Fallacy Set up Forcing Functions like standing meeting or deadlines to help grease the wheels for changes you want to occur So the next time you find yourself faced with a difficult decision or just trying to understand a complex situation let Super Thinking upgrade your brain with mental models Self Hypnosis (Volume 1 Of 2) (Easyread Super Large 24Pt Edition), The Super Learner's Playbook Alex Manning, 2024-09-10 Unlock Your Full Learning Potential Imagine a world where mastering new skills and knowledge comes effortlessly where you can accelerate your learning and retention to levels you never thought possible The Super Learner's Playbook Mastering the Art of Fast and Efficient Learning is your ultimate quide to transforming the way you absorb information and apply it to your personal and professional life Dive deep into the intricacies of fast learning with this comprehensive and engaging book Discover the secrets behind super learning a concept grounded in cognitive science that simplifies the complex processes of your brain You ll gain a thorough understanding of the principles behind quick learning and efficient information processing preparing you to revolutionize your study habits Crafted for learners of all types this book provides a treasure trove of strategies and techniques From speed reading and memory retention to effective note taking and active learning each chapter is designed to offer practical tools you can immediately implement Explore the power of nourishment and physical activity on cognitive function understand your unique learning style and eliminate procrastination with pinpoint precision Imagine the productivity boosts and the career advancements that will follow once you master technology enhanced learning master the Feynman Technique and utilize gamification to make studying both effective and fun Don t just learn super learn Whether you re a student a professional or a lifelong learner this book is your step by step guide to achieving your highest potential With The Super Learner's Playbook continuous improvement becomes not just a goal but a way of life Your journey to becoming an efficient effective and

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