



# Achieve More, Stress Less: Eliminate SAD (Stress, Anxiety, Depression) through Increasing Productivity

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## **Achieve More, Stress Less: Eliminate SAD (Stress, Anxiety, Depression) through Increasing Productivity** Serene Genie

We all have limited time, energy and resources at our disposal. Yet we want to accomplish a lot of things. If we are successful accomplishing them, we enjoy a fruitful and productive life. Otherwise, we just feel stressed, frustrated, depressed and anxious. Have you noticed why some people just seem to be able to accomplish so many important things easily, and yet still have a lot of time, while you are just struggling with endless list of tasks to be completed everyday and seems to be going nowhere? The answer is because these people are simply very productive! Through higher productivity, they accomplish much more while experiencing little or no stress. A highly productive person is seldom seen to be frustrated, depressed and anxious. So a natural cure for stress, frustration, depression and anxiety is surprisingly simple ... to become more Productive! And YOU can learn to be productive too! This book reveals • The Secrets to Being Productive • How to Deal with Procrastination - the Obstacle to High Productivity • How to Boost your Productivity • How to Leverage Power of Your Mind and Body to Help in Productivity Don't procrastinate and Stop Giving Yourself Excuses that "Increasing productivity is not for you" ! Get a copy of this book now, read it, understand it, and practice it. You will be more productive!

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