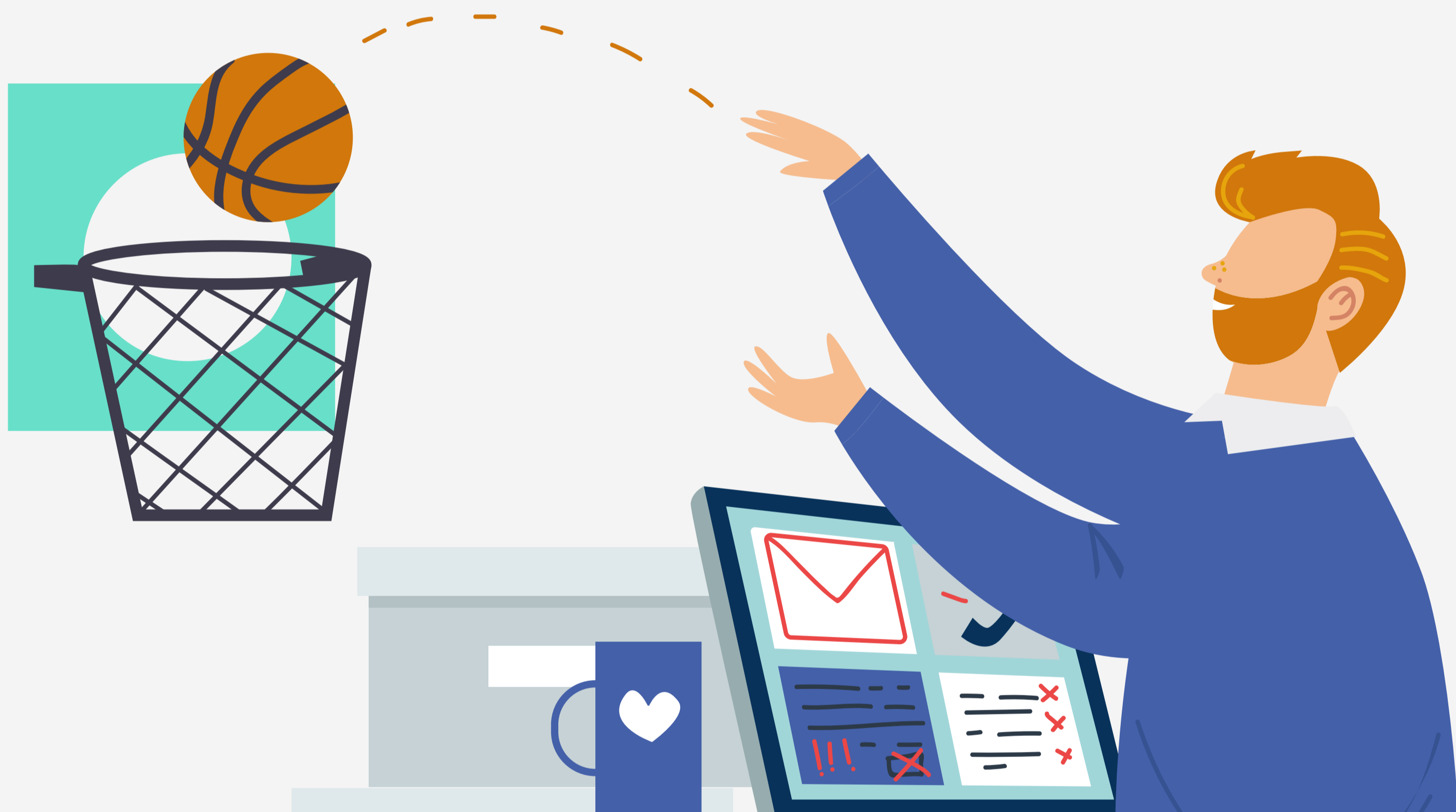


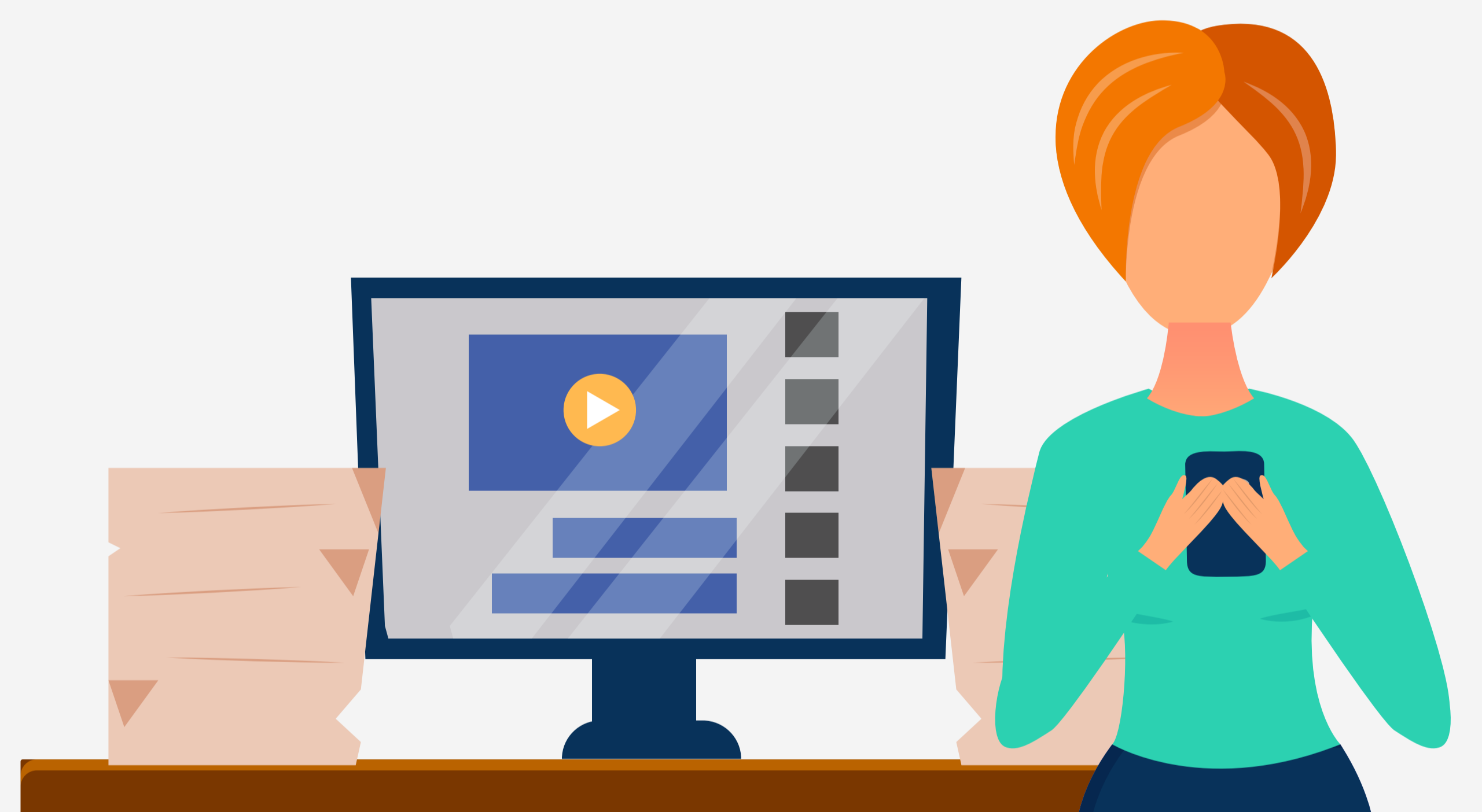
Manage Procrastination and Boss Your Day



Remove distractions.



Only check your messages at certain times in the day.



Give yourself deadlines.



Count down from five.



Done is better than great