



# **Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time**

*Brian Tracy*

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# Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time

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**Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time** Brian Tracy  
**NEW EDITION, REVISED AND UPDATED**

The legendary *Eat That Frog!* (more than 1.5 million copies sold worldwide and translated into 42 languages) will change your life. There just isn't enough time for everything on our "To Do" list—and there never will be. Successful people don't try to do everything. They learn to focus on the most important tasks and make sure *they* get done.

There's an old saying that if the first thing you do each 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. Using “eat that frog” 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 can have the greatest positive impact on your life—*Eat That Frog!* shows you how to zero in on these critical tasks and organize your day. You'll not only get more done faster, but get the *right* things done.

Bestselling author Brian Tracy cuts to the core of what is vital to effective time management: decision, discipline, and determination. In this fully revised and updated second edition, he provides brand new information on how to keep technology from dominating your time. He details twenty-one practical and doable steps that will help you stop procrastinating and get more of the important tasks done—today!

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