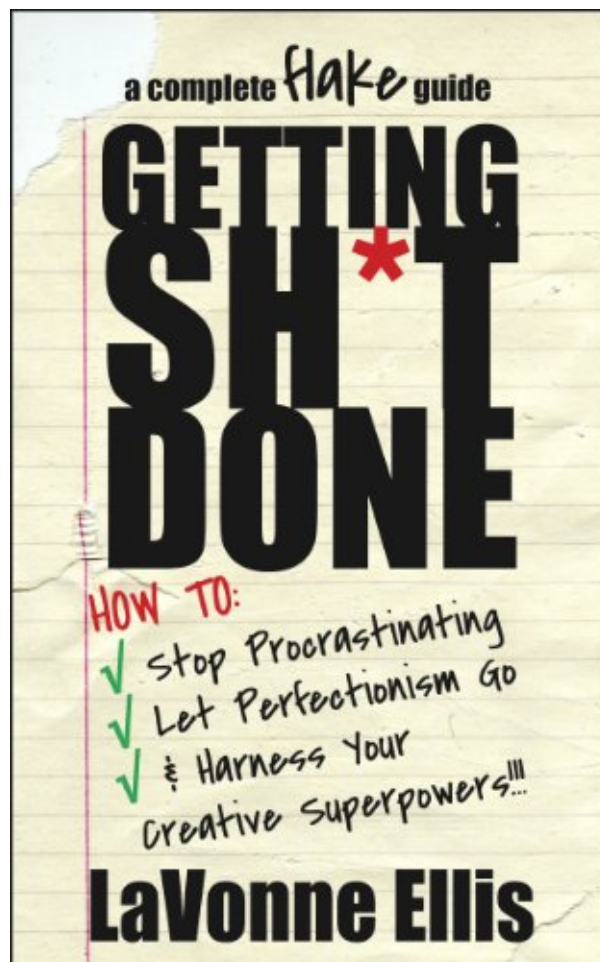
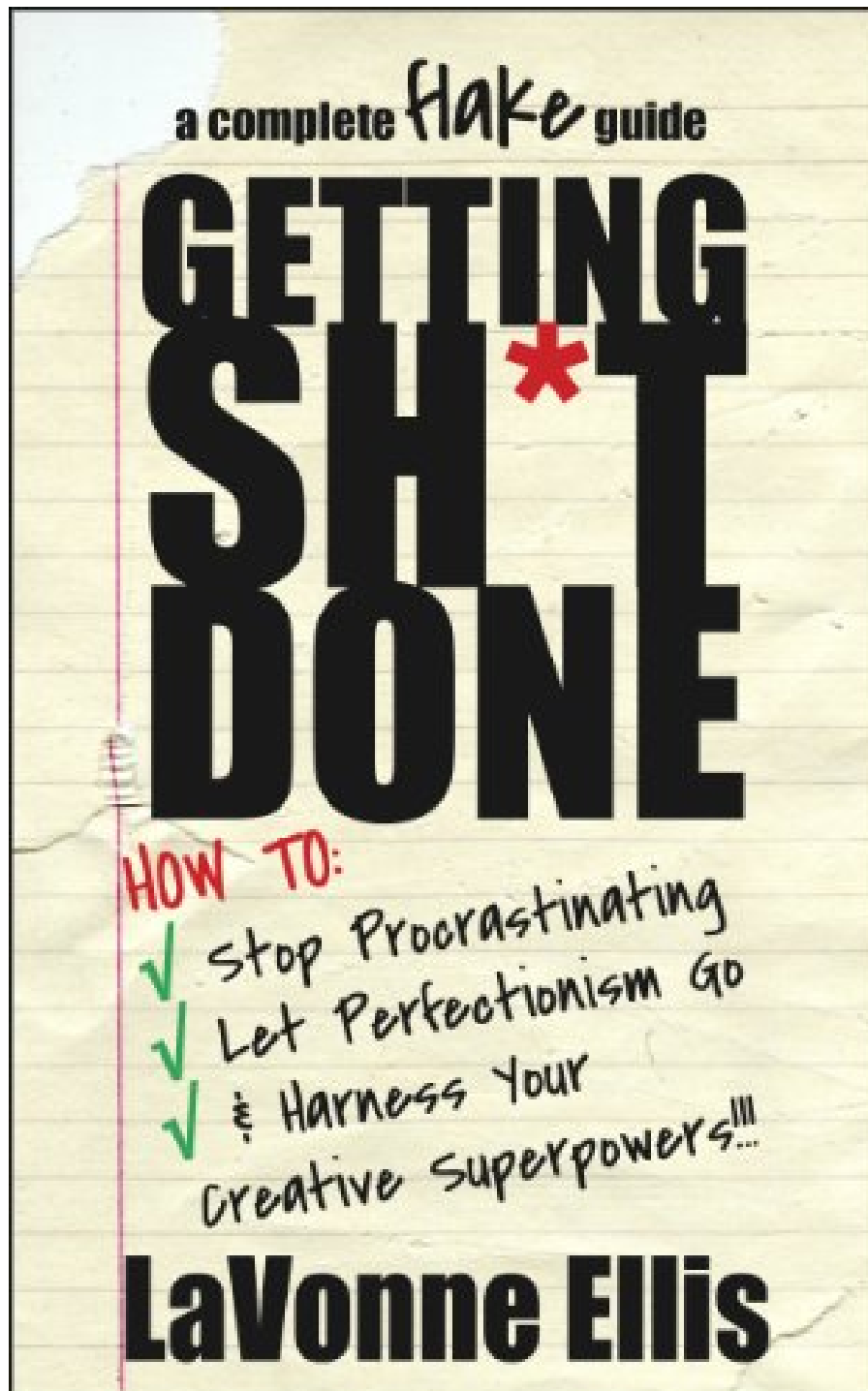


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From the Author

Note from the Author: I've struggled with procrastination, perfectionism, and lack of focus all my life, so I wrote this book for myself as well as for you. I gathered the most useful information I could find and personally tried it all out myself, adding strategies that work from my own experience.

Your mileage may vary, but if these techniques helped me to write and publish a book in spite of myself, they could work for you too. Give it a try!

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## You Really CAN Stop Procrastinating

Everybody feels like a flake at one time or another, but if you constantly struggle with procrastination, fear, impulsiveness, and distractibility, this short, insightful guide is for you. You've read every productivity book out there, from *Getting Things Done* to *7 Habits*. You've started a hundred new projects with plans for world domination, only to abandon them when you hit an obstacle or a shiny new idea comes along. And you've finally realized the problem: all of those books are written for normal people, not for flakes.

"Inspiring, practical, and funny."

In *Getting Sh\*t Done: A Complete Flake Guide*, professional flake LaVonne Ellis shows you how to:

- Be more productive in spite of yourself by focusing on what you love
- Use simple strategies to get more done than you could ever imagine
- Harness your two superpowers: creativity and hyperfocus

... and much more!... and much more!

"The insights into interruptions and task switching were particularly useful. I hadn't thought of it that way, but once I have momentum going on anything, I hate to switch to something else. It's completely disruptive. Now that I am more aware of that, I have a better chance of working with it, instead of against it." ~Linda Eskin

## Are You a Perfectionist?

It's hard to believe that a complete flake could also suffer from perfectionism, but think about it: don't you get stuck, over and over, because you know you can't do the perfect job you see in your mind? That's perfectionism (and it's a bitch) but you can beat it.

"Some of it seems SO familiar I have to remind myself it's not a biography of ME. LOL!" ~Kathy Henderson-Sturtz

In this easy-to-read productivity guide, Ellis shares the latest research (as well as wisdom from the trenches) about what really works to help you overcome perfectionism and resistance, face your fears, and get busy at last... doing the things you truly care about.

"I highly recommend [this book] if you struggle with beating yourself up for procrastinating, perfectionism, being too easily distracted, whatever -- cut that sh\*t out and Get Sh\*t Done!!" ~Karla Tucker

Note from the Author: I've struggled with procrastination, perfectionism, and lack of focus all my life, so I wrote this book for myself as well as for you. I gathered the most useful information I could find and personally tried it all out myself, adding strategies that work from my own experience.

Your mileage may vary, but if these techniques helped me to write and publish a book in spite of myself, they could work for you too. Give it a try!

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- Format: Kindle eBook

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Most helpful customer reviews

45 of 48 people found the following review helpful.

What the hell was I thinking?

By Roger Lodwig

I am extremely disappointed in my purchase of this book. It accomplished absolutely nothing I intended for this purchase.

My intention for this purchase was for the book to be an excuse. A reason. A well thought out smoke screen

to keep my ass out of trouble.

It didn't work.

I'm a flake too. My wife doesn't like that (she married me, so her bad...). I'm lazy, easily distracted and a procrastinator of epic proportions! I'm comfortable with all this.

My wife is not.

I purchased this book so that before I shut down my nexus I could close the window in which I was viewing back issues of Archie comics, looking up mating habits of Dutch females (for research purposes only, of course...) or simply playing fruit ninja, and click on this book, leaving it open to a random page.

My wife would then think I was actually attempting something constructive! Easy, right? Perfect excuse. Perfect procrastination tool (of which I am in no short supply). I mean - it's CALLED the complete flake's guide to getting s\*\*\* done! She would love it. Zero effort and I would be a superhero!

It would, at worst, be a picture-less coffee table book with which to make friends believe I was trying.

That didn't work out.

I made the mistake of reading the first page - the `note', wherein it states a propensity for using a certain word. A lot.

Me too!

So I continued reading. I'm seriously thinking of demanding some sort of compensation from LaVonne for stalking me and using my procrastination abilities as her basis for writing this. She SAID it was all from the way she used to procrastinate - whatever.

I knew from the first chapter - what is a flake? - that she was stalking me. Then she began to describe my superpowers.

What?!? I have superpowers!

After that, describing my motivation (zero), my procrastination (the opposite of zero) and my addiction (not what you think, but yeah, opposite of zero too).

The problem is that as she described all these wonderful things, she also described how to overcome them. How to start, anyway, in specific bite-sized actions to slowly and steadily get s\*\*\* done. There are great ideas to make all this manageable.

Damn it! My evil master plan wasn't working. I found myself doing these things - because they're fairly painless - and ACTUALLY getting s\*\*\* done.

I'm now a fairly productive couch potato. I'm not happy about that. I liked being an unproductive couch potato. It's all LaVonne's fault.

If you decide to purchase this book - for the love of all that is holy - purchase it as a gift for someone else. If you don't you'll find yourself getting errands done, crossing things off your to do list and eventually taking



over the world!

And honestly, who wants that? It sounds like a lot of work...

9 of 9 people found the following review helpful.

A definite encouragement to me!

By K. Tucker

It's nice to know that I'm not alone in my feelings on this subject. That's half the battle to me, right there. Feeling like I was the only one who struggled with this kept me in guilt and shame; I felt horrible, so I did nothing. Reading this book was like LaVonne Ellis, in her clear, down-to-earth and humorous style, was right there with me patting me on the back. Just knowing that I'm not alone in this has been great motivation for me. I've given myself permission to take baby steps and be proud of it. It has broken me out of my procrastination shell: doing a little is better than doing nothing (because you feel overwhelmed or not-good-enough or whatever). So glad to have found this book!

8 of 8 people found the following review helpful.

For everyone who's wrangled with a to-do list and lost.

By Phyllis Nichols

LaVonne Ellis knows her stuff and writes a fun and easy to read book. It's a topic with which most all of us can relate. I know I certainly do. She weaves tips and suggestions among her funny and touching stories. Her willingness to be candid makes the book personal in the chat-with-a-friend kind of way. Proven strategies are explained without being preachy and she makes it all seem do-able.

She will say this is a book about ending the cycle of starting and stopping and never getting things done. It's a story about hope and resilience too. Everyone has something they struggle with. We all have that one thing we wish we could accomplish. This book is just the ticket to pick up when you feel yourself avoiding or giving up (again).

It's the sort of read that feels familiar and helpful with none of the guilt for not being the queen (or king) of to do lists and productivity apps.

I found it funny, thought provoking and most of all motivating!

See all 46 customer reviews...

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