



# Arresting the Time Thieves: Guarding Against Four Common Habits That Steal Your Productivity

*Deidre D. Anderson*

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Time Thieves are unproductive habits that gnaw away at our time while producing little benefit. Some of the culprits, such as socializing too much or watching an excessive amount of television, are fairly easy to identify and overcome. However, this book explores the thieves that are more difficult to identify and overcome: Procrastination, Perfectionism, People Pleasing, and Poor Problem Solving. These thieves rob you of precious time that can never be recovered. Learn how to overcome Busyness, arrest the Killer P's, and live the life you've imagined.

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