



# Habit: The Art of Productivity

*Alexandru Okros*

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## Time management is dead. What now?

### Be honest with yourself and answer these 2 questions:

- Are you one second too lazy in almost everything you do?
- Do you feel like a hamster on a wheel, getting no peanut?

### What will you learn from this book?

- ✓ Crush and bury dead time
- ✓ Escape your past
- ✓ Ditch ALL KINDS of daydreaming
- ✓ Make habits that force you to be productive
- ✓ Get things done faster. And better
- ✓ Get rid of the 3 types of stress: physical, mental and emotional
- ✓ Become an everlasting battery of energy, health and good will

**I did all of those.**

**And I was a welder, 10 years ago.**

**What's stopping you?**

Were you expecting a long, boring description?

Sorry to disappoint you.

This book is straight to the point. And BS free.

Get the audiobook for **FREE**, once you buy the book.

Here's a sample (copy / paste it in your browser address bar):

<http://brutewill.com/audiobook-sample/>

## **Table of Contents:**

### **I. 3 Questions You Might Have**

### **II. Before We Start**

- Features vs. Benefits. Which One?
- Busy, Busy, Busy
- Food for Thought
- Idle Entertainment
- Instant Results and Magic Pills

### **Ten truths**

- 1<sup>st</sup> Truth: Anyone Can Be Productive
- 2<sup>nd</sup> Truth: There Is No Time Management
- 3<sup>rd</sup> Truth: I Have 3 Brains. Chances Are, So Do You
- 4<sup>th</sup> Truth: Habit Is a One-Way Street
- 5<sup>th</sup> Truth: Chaotic Chain Reactions
- 6<sup>th</sup> Truth: Talents and Strengths. What Are Your Best Traits?
- 7<sup>th</sup> Truth: Is Your Future the Sequel to Your Past?
- 8<sup>th</sup> Truth: Fear Is Crippling
- 9<sup>th</sup> Truth: Make Your Choice
- 10<sup>th</sup> Truth: Upgrade

### **III. The “Contract to Yourself”**

### **IV. On Your Marks**

- 1. Throw Out the Mental Trash
- 2. Stop Your Mind From Wandering
- 3. Get Rid of What’s Siphoning Your Energy
- 4. Your Very Own Habit Factory

### **Chapter 1. Kill the Snooze Button**

- Homework

## **Chapter 2. Eliminate chaotic chain reactions**

- Exercise
- Homework

## **Chapter 3. Strangle your incessant inner critic**

- Exercise
- Exercise
- Homework

## **Chapter 4. The Multitask Is a Lie**

- Exercise
- Exercise
- Homework

## **Chapter 5. Get out of the gray zone**

- Quick check
- Homework

## **Chapter 6. Are You of Any Good?**

- Quick check
- Exercise
- Exercise
- Homework

## **Chapter 7. Take the Red Pill, Mr. Anderson**

- Exercise
- Homework

## **Chapter 8. You're Not a Puppet Life Pushes Around**

- Homework

## **Chapter 9. Escape the Chrysalis**

- Exercise
- Homework

## **My (Almost) One-Page Story**

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