

Jon Acuff PROCRASTINATION PROOF

Never Get Stuck Again
Narrated by Jon Acuff

How to Stop Stalling, Take Action, and Build the Life You Want

- Stop spinning your wheels and start living the life you were meant for
- Learn to implement the four essential permissions of being remarkable
- From a *New York Times* bestselling author

Procrastination is the most expensive fear because the price tag is your life. Every day you wait to begin, you're stealing from your future self. The worst part? You know you're doing it, but you don't know how to stop.

The solution may surprise you. It's not willpower—it's permission. Everything you're waiting for has been waiting for you. Give yourself permission. Permission is what changed *New York Times* bestselling author Jon Acuff's life from one of discontent, floating aimlessly from job to unsatisfying job, to one that anyone would say is remarkable. *Remarkable* is when your actions match your intentions, when there is no gap between who you want to be and who you are. When you trade procrastination for permission, the result is a remarkable life.

In *Procrastination Proof*, Jon gives you permission—to dream, to plan, to do, to review. It's an easy, effective, and enjoyable four-step system that can be applied to your entire life, from your most mundane tasks to your most audacious dreams, so that you stop spinning your wheels and start making real progress.

The person with the greatest opportunity to change your life is you. You're not too old. It's not too late. Don't buy into the lie of later. Start now. You have permission to try, to risk, and to win.

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AUDIO

Jon Acuff
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