



The Secret Handbook for Perpetually Paralyzed Procrastinating Pack Rats Anonymous

Pamela Nudelman

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This 192-page book is written for anyone who's inundated with papers and assorted paraphernalia, and who seeks to gain better control of this aspect of their life. By making readers conscious of present living habits and patterns they can make better choices in the future. Its many clever ideas can be easily incorporated to make maximum use of time and energy, regain control of your life, reduce stress and significantly enhance your self image.

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