

Twitter Thread by [UpSkillYourLife](#)

[UpSkillYourLife](#)

[@UpSkillYourLife](#)



12 must read books to overcome procrastination and anxiety

1. Atomic habits

2. Eat that frog

3. Unf#ck your brain

4. Declutter your mind

5. Hyperfocus

6. The happiness trap

7. The willpower instinct

8. The one thing

9. The first 90 days

10. Drive

11. essentialism

12. Live Intentionally

- a 90 Day Self-Improvement Program that will help you stop living on autopilot.

It will change your

- habits,
- daily routine,
- mindset, and
- make you strong and disciplined ■

<https://t.co/r9m8p3qGJl>

Thanks for reading.

Follow (@UpSkillYourLife) for more threads on Mindset, Skills, Habits, Psychology, Technology and Life.