

Book Review Competition 2024-25

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This is a quite amazing book on management and productivity. If you feel that your work is not completed on time or you face the problem of procrastination, then this book is perfect. What is the meaning of the title of the book "Eat That Frog"? Its meaning is quite unique. "Frog" here means your biggest, most boring and most difficult task. Brian Tracy says that if you start your day "eating" that frog (i.e. completing the hardest task first), then the rest will seem easier. Imagine, whatever is causing you the most tension at the beginning of the day, you deal with it. The rest of the day will feel completely light.

There are 3 main points of the book which are life-changing

1) **By prioritizing and identifying the most important tasks**

Brian Tracy says that we all have only 24 hours a day, and there is no need to make any effort. Therefore, arrange your tasks according to priority. Do the most important task first, and keep the smaller things for later.

There is a famous rule – 80/20 Rule, which says that 80% of your results come from only 20% of the tasks. Therefore, focus on the 20% tasks that are most important for your goals.

2) **By planning control your day**

Without planning, life is completely random. According to the book, take 10-15 minutes every morning or night and make a list. Identify your "Frog" in the list – that is, the most difficult task. Then deal with those first.

Another tip is: Write your goals and break them in small steps. If a big work can be divided into small ones, then it seems easy to do.

3) **Learn to beat procrastination (delay or postpone action)**

Procrastination is a habit that harms all of us. Whenever any work seems boring or difficult, we start procrastinating. But Brian Tracy says that the more you procrastinate work, the more tension and guilt there will be. If your goal is clear, then just start working, even if it is a little. After starting once, momentum is created, and you complete the work.

The language of this book is simple and the examples are quite practical. After every chapter you get an action plan which can be easily applied in your life.

The book does not just teach theory, but also talks about developing a habit. When you start completing your most important tasks at the beginning of the day, your productivity doubles and your confidence also increases.

A quote from this book inspires me a lot "If you eat a live frog first thing in the morning, nothing worse can happen to you for the rest of the day" which means tackle the most boring or difficult task first, then the stress of the day automatically reduces. Another thing I liked is the simplicity of the book. This is a small book, in which only 21 practical tips are given. Every tip can improve your life if you apply it.

If you want to improve in time management and self-discipline, then this book is a must-read. It teaches you to overcome procrastination and achieve your goals. So, friends, if you have not yet read "Eat That Frog", then you must read it. The lessons of this book can make a huge difference in life.

