**Do you agree or disagree with the following statement?**

**It's better to complete a project and then start another one than to do several things at the same time.**

**Living in the hectic era, may lead people to be overwhelmed by work which can take consequences like Having several duties and conducting respective project simultaneously. Although some people may cling to the idea that it is better to be multitasking , I resolutely contend that it is much wiser to complete a project and then start another one, as it may highly increase the likelihood of success. In what follows, I will elaborate on my viewpoint.**

**First and foremost, having variety of tasks brings enormous challenges to be faced with. It is critically important for each person to carry out her current duty with the maximum of her efficiency and when it comes to multiple tasks, the effectivness of multitasking decreases. Having several tasks decline people's concentration on each of task ,separately. If one spends all of her energy and time focusing on special project, that project will become main subject to be dealt with and she will not be worried about her other duties. My friend's experience is a compelling example of this. She started a job when she had not graduated from university at the time. She was really hard working in her firm but because of exhaustion, she could not focus on her thesis. After a while, she decided to quit the job and work on her thesis. Finally she succeed in concluding her thesis and holding her master degree. If she had not left the job, she would not have been able to graduate from university because of lack of time and concentration on her thesis.**

**The second pivotal reason is that, human being's brain is not good at handling multiple tasks .When a person spends her time an energy on different tasks at the same time, she become nervous about her duties. So anxiety is so common among multitasking people. Most of the time they are anxious about how to manage their time, how to do each task in proper way and how to deal with their probable problems and obstacles. People with several tasks are at the risk of mental diseases like depression, anxiety disorders, eating disorders and etc. So mental health of people** [**obviously**](https://dictionary.cambridge.org/dictionary/english/obviously) **have priority over professional life.**

**In conclusion, I strongly believe that conducting several projects at the same time could have bad influence on both effectiveness and people's mental health. So it is much better to complete one project and then concentrate on other one.**

**(406 words)**