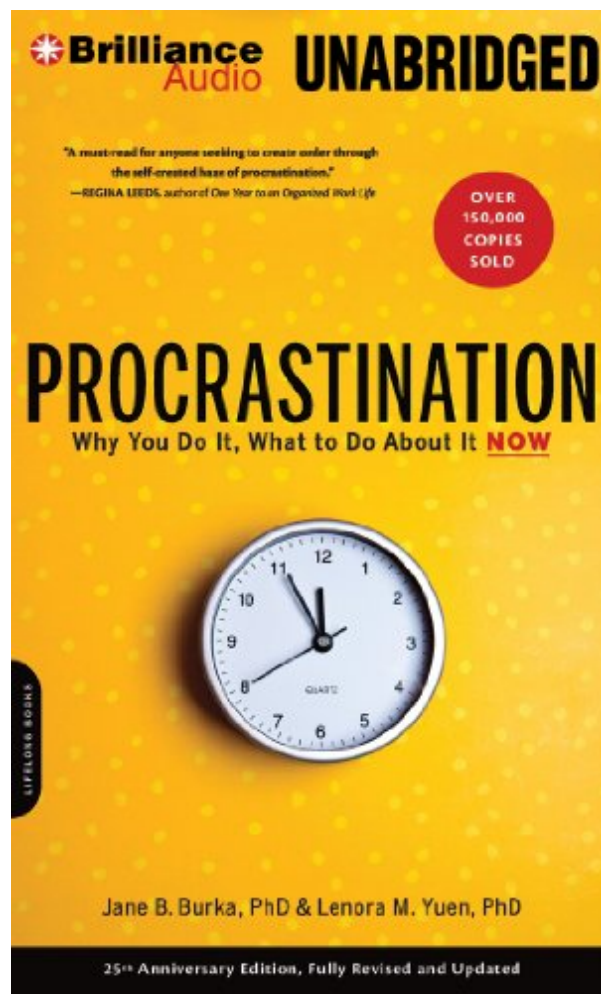


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“This book succeeds on many levels. It is a useful self-help guide for general readers and the lay public. Mental health professionals...will find innovative ideas and sage advice.”

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“Read it. Now.” Business Today (NC), July 2010 “[A] deeply perceptive book...Show[s] you how to fix this vexing, life-sapping problem.”

About the Author

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PROCRASTINATION: WHY YOU DO IT, WHAT TO DO ABOUT IT NOW BY JANE B. BURKA PHD, LENORA M. YUEN PHD PDF

Based on their highly acclaimed and groundbreaking Procrastination Workshops and drawn from a wealth of shared counseling experience, psychologists Jane B. Burka and Lenora M. Yuen offer a probing, sensitive, and sometimes humorous look at procrastination, a problem that affects everyone: students and scientists, secretaries and executives, homemakers and salespeople.

By identifying and examining the reasons we put off tasks in the first place ? fears of failure, success, control, separation, and attachment, as well as our concept of time and the neuroscience of our brain ? Procrastination lays important groundwork for learning how to understand the impulse to delay and how to take action in new ways. Burka and Yuen's is a practical, tested program designed to overcome procrastination by achieving goals, managing time, enlisting support, and handling stress. It takes into account the demands of an accelerated, 24/7 culture, as well as the impact of such neurocognitive conditions as ADHD and executive dysfunction. It even provides helpful tips on living and working with the other procrastinators you may know.

Wise, effective, and easy-to-use, Procrastination is an immediate must-have for anyone who wants to avoid putting things off until tomorrow. Don't postpone listening to it today!

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Most helpful customer reviews

57 of 59 people found the following review helpful.

Pleasantly surprised on the effectiveness of this book

By Perkster

As a "I was born late, been late ever since" kind of gal I know a thing or two about procrastination. But I never really knew why I procrastinated.

I have read tons of productivity books such as Getting Things Done: The Art of Stress-Free Productivity (my favorite of all of them), The 7 Habits of Highly Effective People, etc. And although most are great at helping you set up a system, they don't really help you get and STAY motivated. Of course, I always get a boost after reading a wonderful get up and go book, I just find myself after a month or even a week losing my way.

That is until I read this book.

I have been so, so, so much more productive the last few months. I was trying to figure out why and it dawned on me it was this book! For the first time in my life, I find myself stopping to see why I'm procrastinating on something. It may not sound like a big thing but that one act of figuring out what it is that is preventing me from doing what I need/want to do enables me to actually do it!

Even the fact that I'm actually filling out a review just shows you that I'm not procrastinating any more (I always say I'm going to leave a review for any product I buy on Amazon since its the reviews that help me in purchasing products - you know - give back).

I didn't follow the 2 step program in the back of the book so I can't attest to the efficacy of that program. But considering how impactful just reading the book is, I'm sure its great.

10 of 10 people found the following review helpful.

Excellent, Invaluable Resource

By Elle

This has to be the best book on managing your time I've ever read. It's not just tips and time management, it helps you understand what you're doing and why, getting to the source of the problem so you're more self-aware during the act. As any procrastinator knows, time management is not the real problem, not entirely. It helps you target the ways you procrastinate and different types of procrastinators, from those who are perfectionists to those who passive-aggressively procrastinate to feel like they have more control over their time. I read this as a companion book to The Now Habit by Neil Fiore a few months ago, and in combination I'm finally getting a handle on managing all the things I want to do. I've revisited my notes again and again and am using the strategies that work for me daily.

5 of 5 people found the following review helpful.

An incredible guide that will give you invaluable insight about ...

By AlejandroGP

An incredible guide that will give you invaluable insight about why you procrastinate and will give you the pathway to start reversing the complex process of procrastinating in a friendly environment full of real life experience, stories, humor and the latest science exposed in simple terms.

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