

FIGHT THAT SINKING FEELING: OVERCOME PROCRASTINATION

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Introduction

What this book does is help you understand why you procrastinate. First, it looks at different procrastination styles. Second, this book teaches a variety of useful techniques such as looking at your procrastination pitfalls, examining how your thoughts lead you to procrastinate, as well as using time management and goalsetting effectively. Finally, it helps you to adapt the techniques to suit your own procrastination style will stop