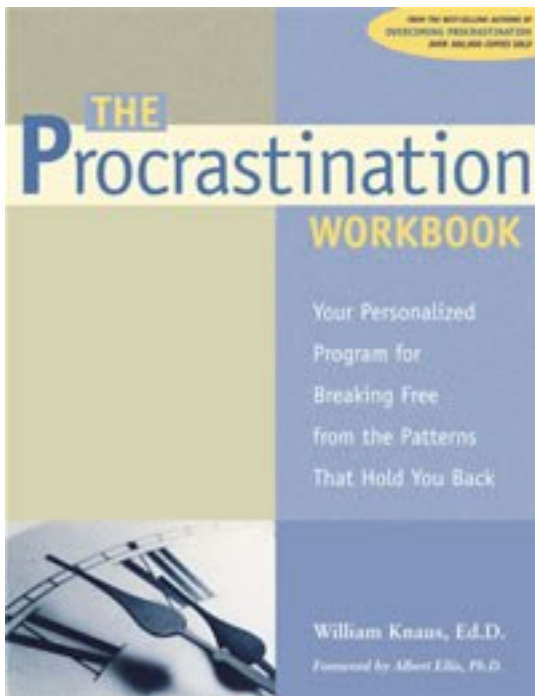


# The Procrastination Workbook



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Procrastination is a near-universal trait, at its most troublesome when it holds someone back from doing well in school, adds a frustrating dimension to personal relationships, or closes off the road to professional fulfillment with an endless series of detours and roadblocks.

Based on over thirty years of clinical experience and research, this new workbook distills the essence of the best insights and the most effective techniques to help you identify the root causes of your procrastination problem and find workable solutions for overcoming it. Best-selling author William Knaus begins by providing self-assessment exercises that help you discover why you procrastinate and identify

your procrastination style. The book explains how to change the underlying mechanisms that reinforce your procrastination and helps you tailor an individualized plan for counteracting it at work, at home, at school, in your relationships, or anywhere else it occurs. Throughout, engaging exercises and an array of tips and techniques keep you motivated to get to the root of your problem and overcome it.

作者介绍:

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