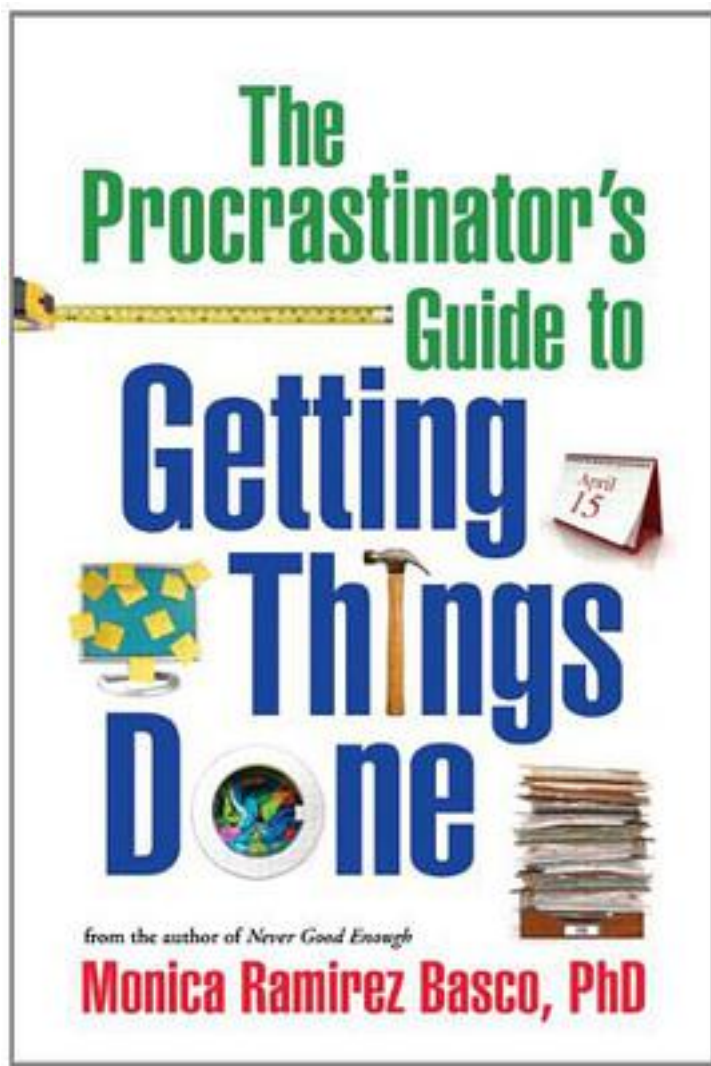


The Procrastinator's Guide to Getting Things Done



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著者:Monica Ramirez Basco PhD

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Everyone waits till the last minute sometimes. But many procrastinators pay a significant price, from poor job performance to stress, financial problems, and relationship conflicts. Expressly designed for people who want to make changes but would be easily daunted by an elaborate self-help program, this concise, motivating guide is packed with highly practical tips and suggestions. Engaging quizzes and exercises help readers determine what type of procrastinator they are, outsmart their own delaying tactics, and build crucial skills for getting things done today. Cognitive-behavioral therapy expert Monica Ramirez Basco peppers the book with easy-to-relate-to examples from "recovering procrastinators"-including herself.

作者介绍:

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very good guide to better understand yourslef to be real efficient

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