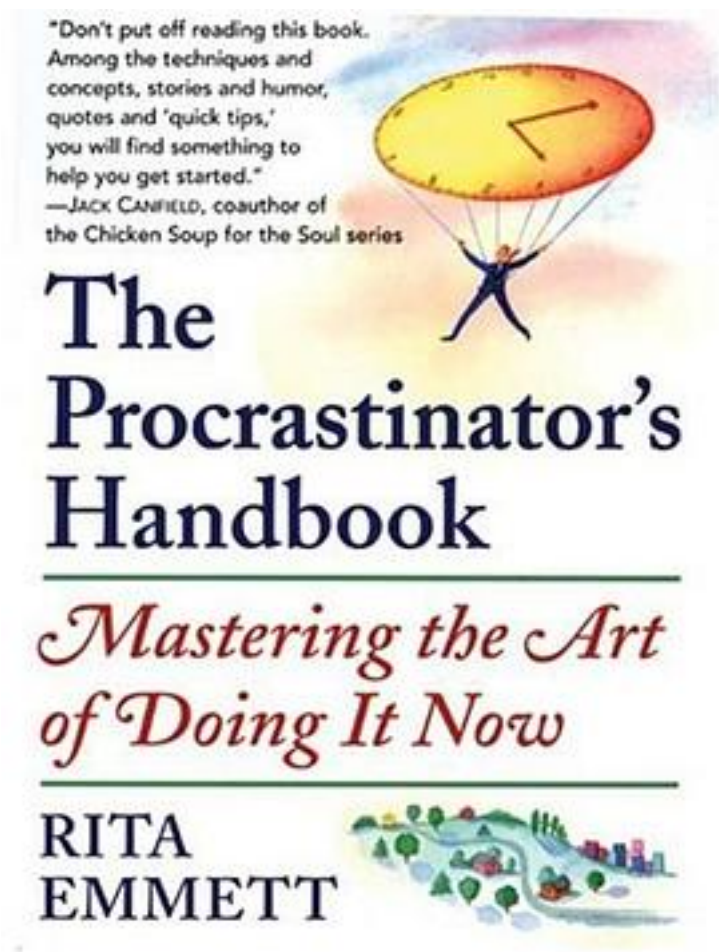


The Procrastinator's Handbook



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Is procrastination blowing away your career plans? Exploding your goals? Blasting away your self-esteem? Bursting your relationships? Almost everyone procrastinates. For some the impact can be serious, causing damaged relationships at home and at

work. For most people, procrastination is a troublesome habit they know they should be able to overcome. Rita Emmett is the one to inspire us to get started. With advice drawn from her own experience and that of people she has met at her acclaimed seminars, Emmett empowers procrastinators to identify the behavioral styles and patterns they use for putting things off, apply proven antiprocrastination tips and techniques for achieving goals, and develop strategies to move forward when stuck or reverting to patterns. As a recovering procrastinator, Emmett knows firsthand how procrastinators think, the circumstances that trigger and sustain putting-off behavior and what procrastinators need and want. "The Procrastinator's Handbook "is designed for use at home, at work, or while traveling. In Rita Emmett's hands, self-improvement is as entertaining as it is rewarding.

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