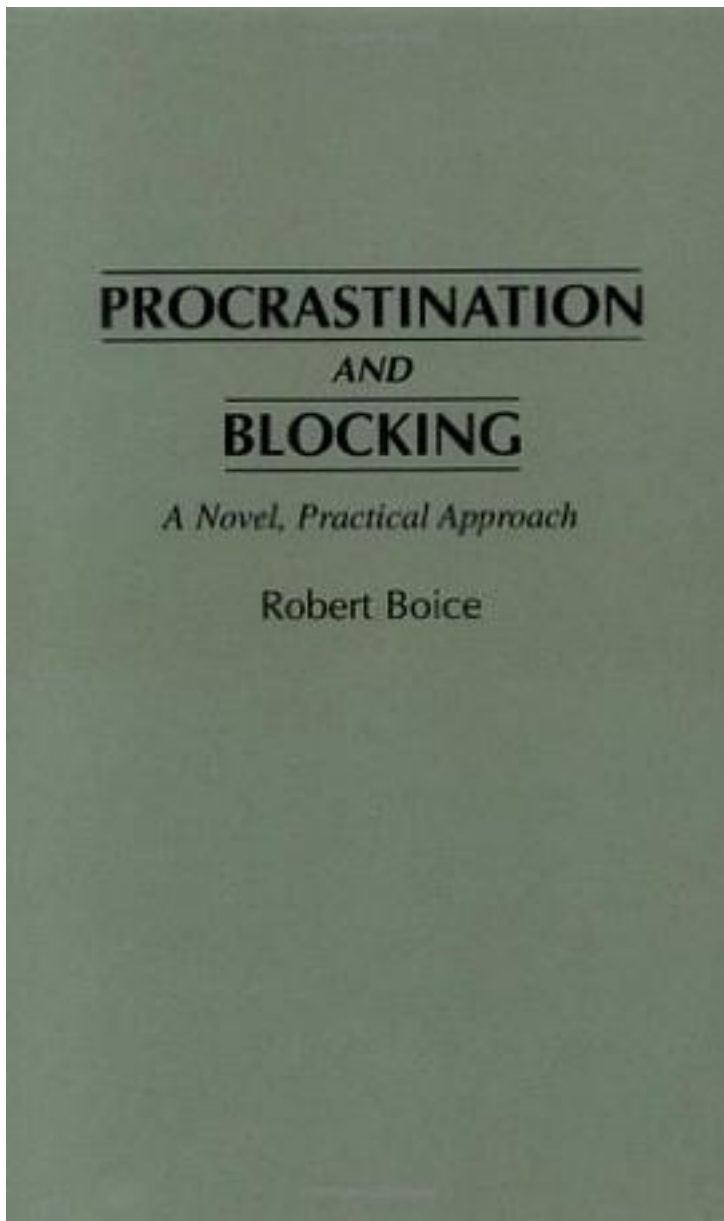


Procrastination and Blocking



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著者:Robert Boice

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Procrastination means putting off a difficult, delayable, important task in favor of something easier, quicker, and less anxiety-provoking. It also means delaying vital actions until the performance and result are less than they would have been if done in a timely manner. Similarly, blocking means that we stumble, delay, and panic in response to a demanding responsibility. Blocking typically occurs when we face public scrutiny (as in writing). In this revisionist and sometimes irreverent book, the author takes academic and professional psychologists to task for neglecting a pair of related problems that are often derided but that can be profoundly debilitating for individuals and economically devastating for schools, businesses, and communities.

作者介绍:

ROBERT BOICE is Professor of Psychology at the State University of New York, Stony Brook. He is the author of numerous books on faculty development, ethology, and scholarly writing, including *How Writers Journey to Comfort and Fluency* (Praeger, 1994).

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标签

Writing

评论

It sounds novel to adopt his psychological approach to scrutinise PBing, though I wanted some solutions to the problem before I started reading. By the way, is it good to claim, psychologically, someone is in a kind of personality disorder whatever life style he adopts?

作者：我是荷兰人，所以我基本没尝过拖延是什么滋味。 我：好、好的。打扰了。
(然后还是把整本书看完了)

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书评

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