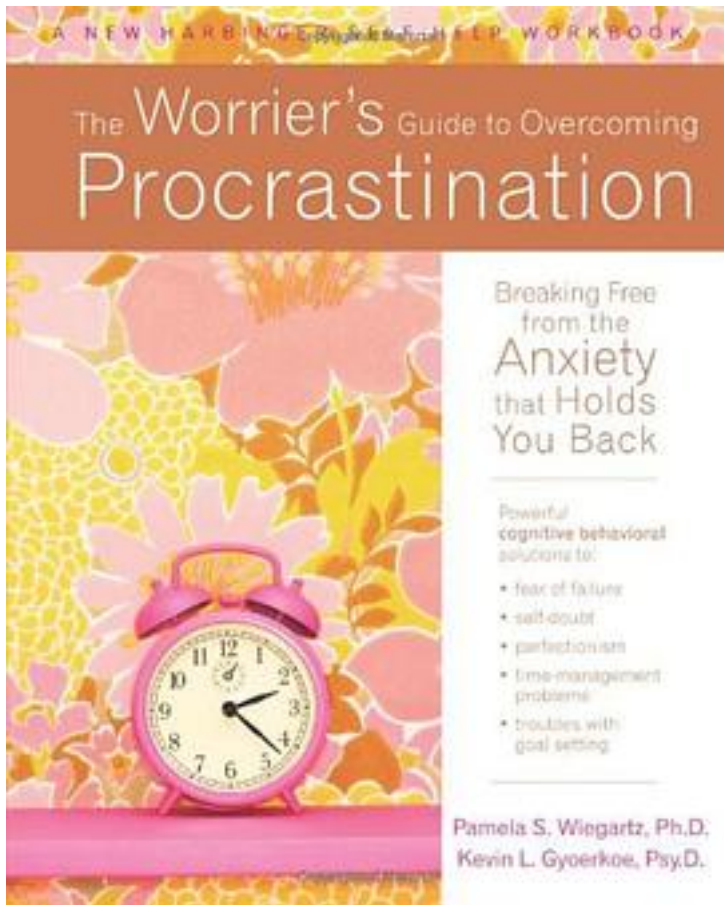


The Worrier's Guide to Overcoming Procrastination



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Break the Bonds of Anxiety-Driven Procrastination You know that postponing things you need to do can result in negative consequences-overdue bills, unhappy

supervisors, disappointed friends and romantic partners, and feelings of guilt or dread-but something inside keeps you from taking action. For many of us, that something is anxiety-fear of failure, firmly entrenched perfectionism, or even fear of success. With The Worrier's Guide to Overcoming Procrastination, you'll develop the skills you need to understand and conquer the anxiety that lies at the root of your chronic avoidance. These proven skills for overcoming procrastination will help you to work productively, enjoy guilt-free leisure time, and free yourself from the anxiety that holds you back. Use this effective program to: Identify the specific reasons behind your procrastination Eradicate the negative thinking patterns that fuel anxiety Set goals for boosting your productivity and improving time management Make the commitment to change your habits for good

作者介绍:

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标签

拖延症

正念疗法

心理咨询

自助治疗

时间管理GTD

接纳与承诺

心理治疗

心理学

评论

过阵子，这本书的中译本将与大家见面。这本书主要讲的是如何一步步与由焦虑导致的拖延作斗争的过程。作为一本自助书籍，其实没什么艰深的道理，关键在于去做、去实践。但这对很多人来说比较困难。

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书评

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