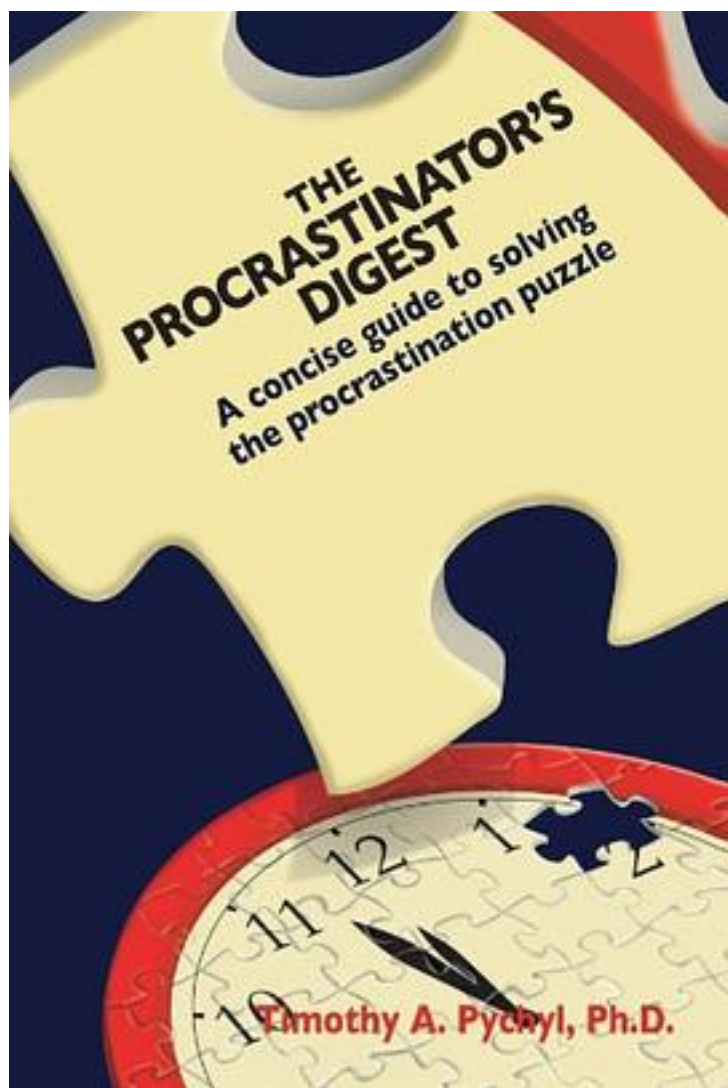


The Procrastinator's Digest



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The Procrastinator's Digest is a short and practical book. The focus is on understanding why and how we sabotage our own best intentions with needless delay, and how we can reduce this procrastination in our lives. Based on psychological research, and supplemented with short stories and comics to help make the content memorable, the digest format of the book provides a concise summary of key concepts and strategies for change. You will learn about the psychology of self-regulation failure and how to more successfully achieve your goals.

作者介绍:

Dr. Timothy A. Pychyl is an associate professor of psychology at Carleton University (Ottawa). Researching and writing about procrastination since 1995, Tim has garnered an international reputation for his scholarship and a global audience for his iProcrastinate Podcasts and his Don't Delay blog with Psychology Today. Tim is a passionate and talented professor who has received numerous awards including Canada's prestigious 3M National Teaching Fellowship. His time away from campus is spent on a hobby farm where, depending on the season, you might find him, his wife and their children running the sled-dog team, riding horses or tending the garden.

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标签

心理学

拖延症

心理

psychology

2014

评论

1. Make pre-decision 2. Be strategic 3. Be kind and firm to oneself but not too kind.

Honestly, nothing groundbreaking revealed. Not a bad way to kill some time on a plane, though.

Handy guide

1、 JUST get started. 2、 Don't give in to feel good. 3、 You won't feel more like it tomorrow.

看完英文版也是挺拼的。再也不看和拖延症有关的书了●~●

A short but great book to start your journey of self-change. The book tells us the psychology why we procrastinate. Now, for you, the first important thing is to get started. Maybe two steps forward one step backward, but don't worry. Gonna to be a long way, but the result, the brand new self deserves it!

@2014-02-14 16:06:56

2014第二本，本书新版，短小精干，至少能让你了解拖延症形成的心理原因。

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书评

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