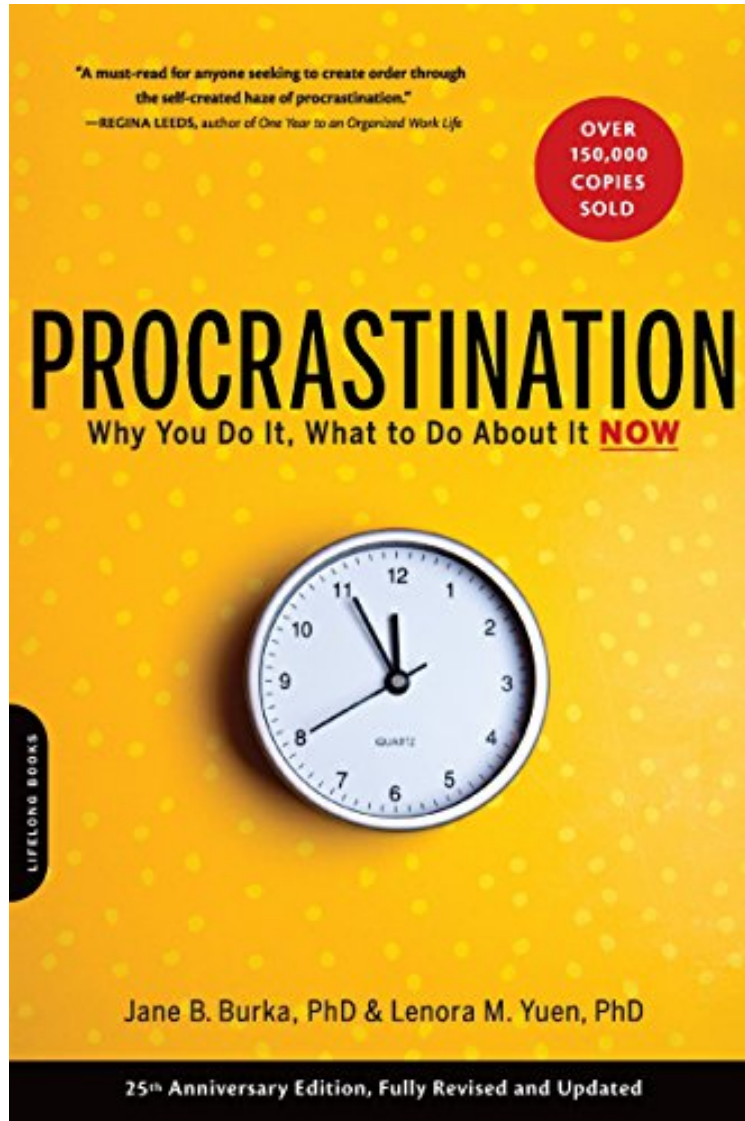


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Procrastination: Why You Do It, What to Do About It Now

Jane B. Burka, Lenora M. Yuen

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Jane B. Burka, Lenora M. Yuen : Procrastination: Why You Do It, What to Do About It Now before purchasing it in order to gage whether or not it would be worth my time, and all praised Procrastination: Why You Do It, What to Do About It Now:

0 of 0 people found the following review helpful. It's very helpful. I didn't read the first half ...By Anne DottieIt's very helpful. I didn't read the first half (not because of procrastination) but did read and use the second half. I've found it very helpful in a few ways that I procrastinate. There were a few areas in my life where I was putting things off to the point where it was becoming problematic. This book helped me to the work I needed before things got out of hand. Most of us do this in a few ways in our life. I think if you're a reader who needs some help that's more guided than,

"just do it" you will find this helpful. However, I doubt this book will help someone who procrastinates to the point of self-sabotage and beyond. In that instance, it might be helpful in addition to get professional help. 5 of 5 people found the following review helpful. An incredible guide that will give you invaluable insight about ...By AlejandroGPA
An incredible guide that will give you invaluable insight about why you procrastinate and will give you the pathway to start reversing the complex process of procrastinating in a friendly environment full of real life experience, stories, humor and the latest science exposed in simple terms. 0 of 0 people found the following review helpful. Don't put off buying this one. ;)By A. Freimann
These ladies, both with Ph.D. in hand, have poured a good deal of work into this project and it shows. This is a VERY in-depth exploration of the entire subject of Procrastination.

Based on their workshops and counseling experience, psychologists Jane B. Burka and Lenora M. Yuen offer a probing, sensitive, and at times humorous look at a problem that affects everyone: students and scientists, secretaries and executives, homemakers and salespeople. Procrastination identifies the reasons we put off tasks—fears of failure, success, control, separation, and attachment—and their roots in our childhood and adult experiences. The authors offer a practical, tested program to overcome procrastination by achieving set goals, managing time, enlisting support, and handling stress. Burka and Yuen even provide tips on living and working with the procrastinators you may know. Wise, effective, and easy to use, this new edition shows why for 25 years Procrastination has been an immediate must-have for anyone who puts things off until tomorrow.