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Solving The Procrastination Puzzle: A Concise Guide to ...

Solving the Procrastination Puzzle is a book written by an author who really knows what he's talking about. Timothy A. Pychyl is a Canadian academic known in psychology for his research on procrastination. He founded the Procrastination Research Group in 1995 and has published numerous academic articles about procrastination.

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Solving the Procrastination Puzzle Summary When we procrastinate, we voluntarily delay an intended action despite the knowledge that this delay may harm us in terms of the task performance or even just how we feel about the task or ourselves. Pychyl believes there are many types of delay in our lives and we need to learn to appreciate this.

Book Summary: Solving the Procrastination Puzzle by ...

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Solving the procrastination puzzle a concise guide to strategies for change audiobook. This is especially critical to me, since I can't accomplish something in the event that I don't comprehend the normal behind it. Affirm, I ought to quit delaying and return to work now.

Timothy A. Pychyl - Solving the Procrastination Puzzle ...

Excellent book, author really wants to help people to solve the puzzle of procrastination and to improve our lives by achieving our goals armed with strategies and knowledge from the book. Has good small practical tasks to complete to understand the subject! Thank you for writing such a brief, to the point book, I am so tired of masses of ...

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With numerous practical tips for change, Solving the Procrastination Puzzle brings clarity and scientific studies—and a touch of humor!—to the quest for successfully achieving goals.

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