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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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achieving goals. This accessible guide is perfect for entrepreneurs, parents, students, and anyone who wants to get unstuck, stop delaying, and start living their most inspired life.

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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.

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Full Book Name: Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change. Author Name: Timothy A. Pychyl. Book Genre: Business, How To, Management, Nonfiction, Personal Development, Productivity, Psychology, Science, Self Help. ISBN # 9780698148314. Date of Publication: 2013-10-29.

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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. This accessible guide is perfect for entrepreneurs, parents, students, and anyone who wants to get unstuck, stop delaying, and start living their most inspired life.

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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 massesof ...

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With numerous practical tips for change, Solving the Procrastination Puzzle brings

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clarity and scientific studies—and a touch of humor!—to the quest for successfully achieving goals.

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