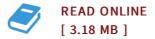




Still Procrastinating?: The No Regrets Guide to Getting it Done

By Joseph R. Ferrari

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, Still Procrastinating?: The No Regrets Guide to Getting it Done, Joseph R. Ferrari, Find out why you put things off-and learn to conquer procrastination for good! "What if I make a bad decision?" "What if I fail?" "I'm better under pressure." There are all sorts of reasons people procrastinate. What are yours? This book draws on scientific research on procrastination conducted over more than twenty years by the author and his colleagues, to help you learn what stops you from getting things done so that you can find the solutions that will really work. Contrary to conventional wisdom, chronic procrastination is NOT about poor time management, but about self-sabotaging tendencies that can prevent you from reaching your full potential. This book gives you the knowledge and tools you need to understand and overcome these tendencies so you can start achieving your goals-not next week, next month, or next year, but TODAY! Exposes the hidden causes of procrastination, including fear of failure, fear of success, and thrill-seeking Identifies types of procrastinators and helps determine which type describes you Shares surprising information on how factors such as technology and the time of day...



Reviews

This pdf might be really worth a go through, and far better than other. It can be packed with wisdom and knowledge Its been written in an exceedingly straightforward way and is particularly only soon after i finished reading through this pdf by which basically changed me, modify the way in my opinion.

-- Earnestine Blanda

Thorough guide for ebook lovers. I am quite late in start reading this one, but better then never. Its been designed in an remarkably straightforward way which is simply soon after i finished reading this publication in which actually altered me, affect the way i think.

-- Gunner Labadie

Relevant Kindle Books



Help! I'm a Baby Boomer (Battling for Christian Values Inside America's Largest Generation

Victor Books, 1989. Trade Paperback. Book Condition: New. Second Printing. 8vo - over 7¾" - 9¾" Tall. Buy with confidence from "Your neighborhood book store, online (tm) - Since 1997 delivering quality books to our neighbors, all around the world!.



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



Fifth-grade essay How to Write

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 272 Publisher: one hundred Press Pub. Date: 2008-10-1. Contents: The first semester of fifth grade the first essay: childhood....



Genuine] Whiterun youth selection set: You do not know who I am Raoxue(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2012-08-01 Pages: 254 Publisher: rolls of publishing companies basic information title: Snow Man youthful selection set: I do...



Genuine] outstanding teachers work (teachers Expo Picks Books)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-06 Pages: 214 Publisher: Fujian Education Press Introduction Most of the time. we only see the the outstanding...



Houdini's Gift

Independent Publishers Group (IPG) - Chicago Review Press, 2009. Hardcover. Book Condition: New. Revisiting well-loved characters from a past adventure, this picture book presents animal-loving Ben with the challenge of having another pet after losing his pet hamster. Knowing that Ben is...