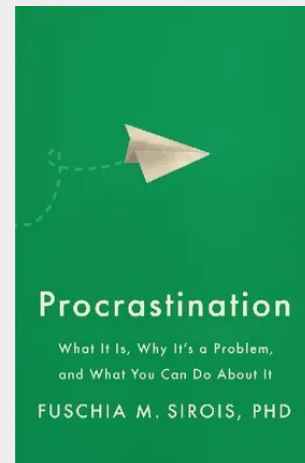


APA

Procrastination

What It Is, Why It's a Problem, and What You Can Do About It

Drawing on the latest theory and research, this book offers a fresh take on the reasons why people procrastinate, and provides practical strategies to help readers stop delaying, complete tasks, and fulfill their potential. Readers will learn steps for treating themselves with compassion, rather than harsh judgements, to better regulate the negative emotions that are the source of procrastination.



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