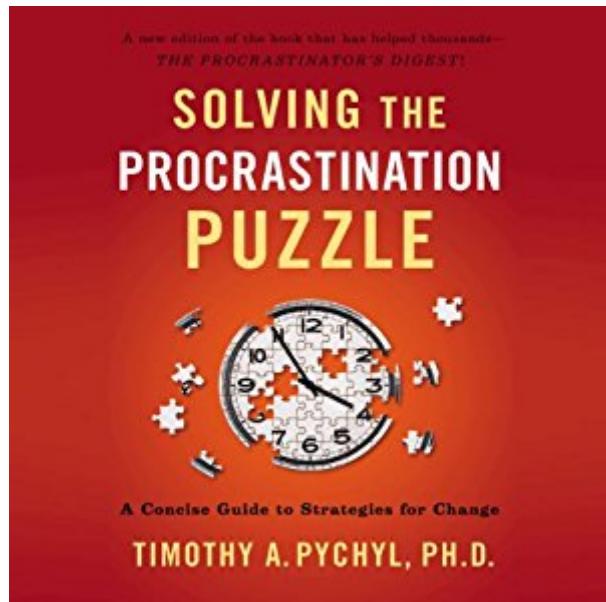


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# Solving The Procrastination Puzzle: A Concise Guide To Strategies For Change



## **Synopsis**

The new audio edition of the self-published hit, offering powerful strategies to end procrastination! Why do we sabotage our own best intentions? How can we eliminate procrastination from our lives for good? Based on current psychological research and supplemented with clear strategies for change, this concise guide will help listeners finally break free from self-destructive ideas and habits, and move into freedom and accomplishment. 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.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

I'm a chronic procrastinator on a journey to become a more productive and efficient person. In the last couple of months I've read a number of books on procrastination and this is the best so far. This is a concise book that offers practical advice on how to break our nasty procrastination habits (habits is the key word here). What I found particularly useful about this book, is that it also explains the cognitive and behavioural biases that underlie procrastination. This is particularly important to me, since I just can't do something if I don't understand the rational behind it. Okay, I should stop procrastinating and get back to work now.

I always tried to read a book on this topic. But they are always too long, so it is really easy to

procrastinate reading them. But this book is very different. Very concise, very to the point, and gets to the root of the problem as quickly as possible. You can learn a lot in a very short time from this book. Recommend it to anyone who has problem with procrastination.

Practical fix-it-now techniques without in-depth research; act don't read. Also, this book is unique is showing the relation of procrastination and negative mood states.

This book was so good that I had barely gotten through the first two chapters when I stopped procrastinating on my exercise routine by understanding that I don't need to be "in the right mood" to get started, that getting started creates the right mood. Six weeks later, I'm still walking an hour each morning (and several pounds lighter). Reading a few more chapters nudged me to stop procrastinating on writing my blog posts and delaying updating financial records because I now remind myself that my future self will thank me. Tim Pychyl does a superb job of showing how to apply the latest research on procrastination and goal setting with great examples and cartoons. When the thought of procrastinating enters my mind, I now realize I am being tempted to "buy time" but with a credit card with a very high interest rate. . . No way I'm gonna fall for that! So I get back on track. In short, don't delay in reading this book. It's worth ten times its price. I'll be giving it as a gift to several people--and it will get there on time, under budget.

I've only gotten through half of the book, but this truly has been life changing. The strategies put forth in this book are extremely helpful, simple, and need to be used. I have found myself more productive than I ever have been in my life. It's actually increased my confidence significantly because I am assured I can now operate at my highest productivity level. One benefit I experienced was that if I didn't get something done, I know I already did everything I could.

I've been relatively hesitant to buy books based on willpower or procrastination. Not because of an ego, but rather the books tend to address severe cases. I myself procrastinate, but in smaller ways. I have neither threat to my job nor relationships, but I know productivity could be better. In all candidness I've always feared I would 'burn out' by working too hard. I know this is possible, but even more with worries. I wanted someone, some book, to address this...and this book delivered. It's a short read (although I preferred to read it slower than the average '2 hours' assumed reading time by the author) but sweet! Some of the chapters were simple confirmations in my own life that I've achieved. Other chapters sparked deeper thought about my lifestyle and how I handle particular

situations. This book gets 5 stars because my outlook to battle procrastination has shifted in a more positive direction. I now do not need to second guess if I'm going to burn out. I do not need to hope my own thoughts were the best approach out there. This is what I paid for, this is what I received.

It was a quick read, which is important for those of us who tend to put things off (procrastinate)! It's got the basics so you can get down to business. If you want details, go elsewhere, but this was a great start for me and gave me some insight into the issues.

The first book on beating procrastination that I've read which explains the psychological basis for the behavior and gives practical steps for change. Pychyl's book is a quick read with helpful excercises. I experienced immediate improvement.

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