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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

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procrastination. He founded the Procrastination Research Group in 1995 and has published numerous academic articles about procrastination.

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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. Pynchyl

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believes there are many types of delay in our lives and we need to learn to appreciate this.

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Pychyl is the author of this great eBook. This book contains the content which helps us to remove the procrastination from our lives once and for all.

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In fact, procrastination is defined by this intention-action gap. I do not want to

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contribute to this, so I have written a short book. It is possible to read the

whole thing in a few hours (fast readers may get through the main ideas and key strategies in an hour, in fact).  
procrastination.

**JEREMY P. TARCHER/PENGUIN**

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Timothy Pychyl is a super short book with lots of actionable advice on how to overcome procrastination. Pychyl is a psychology professor and one of the world's leading experts on procrastination. He's been researching about it for 20+ years and distills his favorite ideas into this little book.

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Solving Procrastination will help you with this, by showing you how you can overcome your procrastination, using a simple and effective system, which is based on decades of research on the topic. No nonsense and no fluff. Simply to-the-point, science-based tips and



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guidelines that will help you stop procrastinating and start getting things done.

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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

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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.

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All the 4 pieces of the puzzle are self-regulatory and let's talk about the things you can do to overcome your procrastination, Know your most important goals and values and plan accordingly. Write down the top 5 goals that you have for the month and ask yourself if you can live without them, if the answer is maybe, try after a month

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Solving the Procrastination Puzzle is the perfect field guide for fighting off one of productivity's greatest enemies. All of the information provided in the book is based on legitimate research...

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anyone who wants to get unstuck, stop delaying and start living their most inspired life.

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In order to stop procrastinating, you first need to set your goals, and then identify how procrastination will prevent you

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from achieving them. Next, you need to create a plan of action based on this information, and then implement this plan, while making sure to refine it as you go along.

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