

Procrastination The Opportunity Killer - A Self Assessment Guide and Workbook



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(Kian Jacobi)

PROCRASTINATION THE OPPORTUNITY KILLER - A SELF ASSESSMENT GUIDE AND WORKBOOK

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Unicorn Books, 2013. Paperback. Book Condition: New. There are various social, personality and psychological causes of procrastination, all of which can be individually identified, assessed, treated and overcome. It is crucial for one's physical and psychological health to treat and overcome this irrational self-sabotaging behaviour. While there are numerous causes of and treatments for procrastination, the most important step to overcoming procrastination is to become self aware of any procrastinator tendencies. This book is so written that you not only become educated about procrastination but also able to measure yourself on the various psychological variables which lead to procrastinating behaviour. This book helps you identify those variables and suggests remedial measures to practise and adopt. In fact, this book is about the psychology of procrastination and the procrastinator. So, take full advantage of the various tests and read into your mind. Get a clear and vivid picture of your psyche, analyse it and make necessary amendments as suggested. If you follow the advice given until it becomes a habit, you not only will be leaving procrastination far behind but also end up improving upon your personality and have a better mental health.



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