



Still Procrastinating: The No Regrets Guide to Getting It Done

Joseph R. Ferrari

Download now

[Click here](#) if your download doesn't start automatically

Still Procrastinating: The No Regrets Guide to Getting It Done

Joseph R. Ferrari

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 affect procrastination
- Examines specific issues related to putting things off in school and at work
- Shares more than twenty years of research on the causes and consequences of chronic procrastination
- Written by a psychologist who is an international expert on the subject of procrastination

Are you still procrastinating? This take-charge guide will help you stop making excuses and start transforming your life-right now!

 [Download Still Procrastinating: The No Regrets Guide to Get ...pdf](#)

 [Read Online Still Procrastinating: The No Regrets Guide to G ...pdf](#)

Download and Read Free Online Still Procrastinating: The No Regrets Guide to Getting It Done

Joseph R. Ferrari

From reader reviews:

Darren Custer:

What do you think of book? It is just for students because they are still students or this for all people in the world, the particular best subject for that? Merely you can be answered for that query above. Every person has different personality and hobby for every single other. Don't to be forced someone or something that they don't want do that. You must know how great in addition to important the book Still Procrastinating: The No Regrets Guide to Getting It Done. All type of book is it possible to see on many resources. You can look for the internet methods or other social media.

Janice Burgess:

Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Can be reading a book may be option to fill your free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the book untitled Still Procrastinating: The No Regrets Guide to Getting It Done can be very good book to read. May be it can be best activity to you.

John Hawkins:

You could spend your free time to see this book this publication. This Still Procrastinating: The No Regrets Guide to Getting It Done is simple to create you can read it in the area, in the beach, train in addition to soon. If you did not include much space to bring the particular printed book, you can buy often the e-book. It is make you quicker to read it. You can save the particular book in your smart phone. Consequently there are a lot of benefits that you will get when you buy this book.

Rosemary Robinson:

That publication can make you to feel relax. This kind of book Still Procrastinating: The No Regrets Guide to Getting It Done was vibrant and of course has pictures on the website. As we know that book Still Procrastinating: The No Regrets Guide to Getting It Done has many kinds or category. Start from kids until young adults. For example Naruto or Detective Conan you can read and think that you are the character on there. Therefore , not at all of book are usually make you bored, any it makes you feel happy, fun and chill out. Try to choose the best book in your case and try to like reading this.

**Download and Read Online Still Procrastinating: The No Regrets
Guide to Getting It Done Joseph R. Ferrari #AZW7X3BVN1J**

Read Still Procrastinating: The No Regrets Guide to Getting It Done by Joseph R. Ferrari for online ebook

Still Procrastinating: The No Regrets Guide to Getting It Done by Joseph R. Ferrari Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Still Procrastinating: The No Regrets Guide to Getting It Done by Joseph R. Ferrari books to read online.

Online Still Procrastinating: The No Regrets Guide to Getting It Done by Joseph R. Ferrari ebook PDF download

Still Procrastinating: The No Regrets Guide to Getting It Done by Joseph R. Ferrari Doc

Still Procrastinating: The No Regrets Guide to Getting It Done by Joseph R. Ferrari Mobipocket

Still Procrastinating: The No Regrets Guide to Getting It Done by Joseph R. Ferrari EPub