



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:

Frank Hall:

What do you with regards to book? It is not important along with you? Or just adding material when you need something to explain what yours problem? How about your extra time? Or are you busy individual? If you don't have spare time to do others business, it is make one feel bored faster. And you have time? What did you do? All people has many questions above. They need to answer that question since just their can do which. It said that about guide. Book is familiar on every person. Yes, it is suitable. Because start from on guardería until university need this kind of Still Procrastinating: The No Regrets Guide to Getting It Done to read.

Michelle Bachman:

Nowadays reading books be a little more than want or need but also work as a life style. This reading practice give you lot of advantages. The huge benefits you got of course the knowledge even the information inside the book this improve your knowledge and information. The information you get based on what kind of e-book you read, if you want have more knowledge just go with education books but if you want truly feel happy read one using theme for entertaining such as comic or novel. Typically the Still Procrastinating: The No Regrets Guide to Getting It Done is kind of reserve which is giving the reader capricious experience.

Michael Dennison:

The reason? Because this Still Procrastinating: The No Regrets Guide to Getting It Done is an unordinary book that the inside of the publication waiting for you to snap this but latter it will shock you with the secret the item inside. Reading this book close to it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of rewards than the other book possess such as help improving your talent and your critical thinking means. So , still want to hesitate having that book? If I have been you I will go to the reserve store hurriedly.

Nicholas Schindler:

Reading can called mind hangout, why? Because if you are reading a book specially book entitled Still Procrastinating: The No Regrets Guide to Getting It Done the mind will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely might be your mind friends. Imaging just about every word written in a e-book then become one web form conclusion and explanation that will maybe you never get prior to. The Still Procrastinating: The No Regrets Guide to Getting It Done giving you an additional experience more than blown away the mind but also giving you useful info for your better life on this era. So now let us explain to you the relaxing pattern here is your body and mind will be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary shelling out

spare time activity?

**Download and Read Online Still Procrastinating: The No Regrets
Guide to Getting It Done Joseph R. Ferrari #J43M9ASOD6W**

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