



The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done (2nd Revised edition)

By Piers Steel

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done (2nd Revised edition), Piers Steel, In this groundbreaking book, the world's leading expert on procrastination, Dr Piers Steel, reveals the truth about why procrastinate -- and shows us what we can do about it. Using a powerful mix of psychology, science, self-help, and a decade of his own research, Dr Steel shows us what effect procrastination has on our lives, and offers real hope to sufferers everywhere. New to this revised edition, Dr Steel shows exactly how to apply the techniques in common problem areas, resulting in a step-by-step procrastination busting guide for work, money matters and losing weight.



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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dana Hintz**

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- **Elisa Reinger**