



Procrastination: Why You Do It, What To Do About It

By Jane Burka, Lenora M. Yuen

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If procrastination bothers you, don't let another minute go by without *Procrastination*. Based on their workshops and counseling, psychologists Jane B. Burka and Lenora M. Yuen offer a probing, sensitive, and sometimes humorous look at a problem that affects everyone: students and scientists, secretaries and executives, homemakers and salespeople. The book starts with the reasons we put off tasks—fears of failure, success, control, separation, and attachment—and their roots in our childhood and adult experiences. In Part II, the authors offer a practical, tested program to overcome procrastination through achieving set goals, managing time, enlisting support, and handling stress. Burka and Yuen even offer tips on living and working with the procrastinators you may know.

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Editorial Review

About the Author

Lenora M. Yuen, Ph.D., is a practicing psychologist in California. Along with Jane B. Burka, she has conducted workshops and seminars at the University of California at Berkeley and for corporate and public groups nationwide.

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