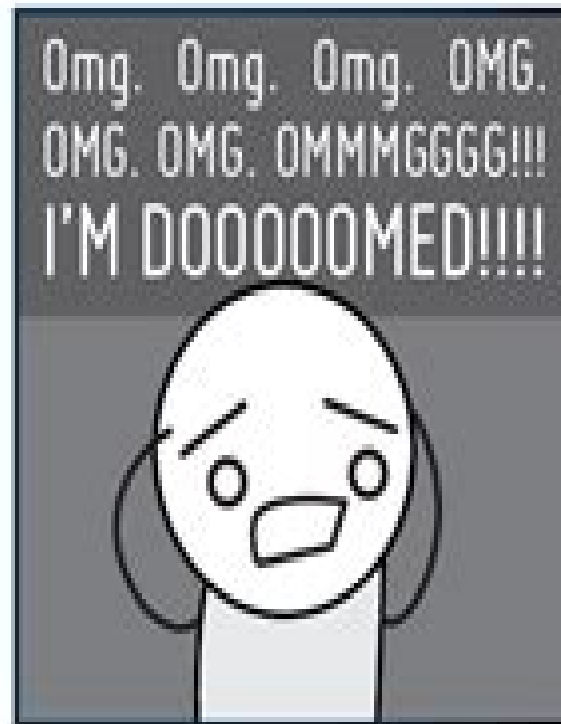


– A FIELD GUIDE TO –

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advantage of procrastination change non productivity which results from procrastinating to productivity and reap its benefits Everyone must have procrastinated in one time or another Procrastinating is an issue common to everyone though the act or the habit varies in degrees For some procrastinating has become chronic or part of a lifestyle Others procrastinate to put off for a while what one considers a distasteful task These procrastinators avoid the dreaded task by doing something else that gives them pleasure and satisfaction There are also those who believe that waiting for the last minute is a kind of rush which they look forward to And there are those who procrastinate by intention to generate ideas induce latent creativity and come up with solutions Yes there is a positive side to procrastination And yes procrastinating has negative consequences But the consequence may either be beneficial or harmful to self to others and to society depending on where you stand when you put off doing something that should be done Procrastinators describe the experience of procrastinating as an irresistible and a baffling force which draws them into its web and stops them from completing what they need to do They allow the force to take hold until they realize it is too late to perform the task Not completing a task however as scheduled leads to guilt shame and stress It is no wonder that people who procrastinate suffer from gastrointestinal problems and insomnia Ultimately procrastination leads to an unhappy and miserable life For professionals who deal with procrastination they view it as a problem of self regulation a lack of control which is comparable to overeating Some researchers associate procrastination with poor time management Still others say that procrastination is a function of the brain and how it works that procrastination can be attributed to deeper perceptions of the self and of time If you are a procrastinator chances are you do not know how it began you just delayed tasks not giving it a thought why Procrastination is a habit that is acquired you were not born with it You learn to procrastinate from family members and people close to you You do not acquire it directly Professionals who study procrastination say the act is induced by authoritarian and controlling parents who hinder the children to develop the ability to self regulate Procrastination could also be a form of rebellion learned under such circumstances When support from parents is not available you turn to friends who tend to reinforce the habit as they are tolerant of your excuses Before you start blaming yourself and others for the affliction the fact that the act is acquired gives you hope If you are a procrastinator you still can change the behavior Changing the behavior however needs a lot of effort patience and kindness to self But it can be done if the will commitment and determination are there It is the intention of this book to guide you to stop procrastinating or make procrastination work for you so you can live a fruitful and happier life The book is divided into six chapters which will guide you through getting a grasp of procrastination until you have reached a well balanced routine

[AARP Still Procrastinating?](#) Joseph R. Ferrari, 2011-12-19 AARP Digital Editions offer you practical tips proven solutions and expert guidance In Still Procrastinating Joseph Ferrari will help you find out why you put things off and learn how to conquer procrastination for good Do you ever say to yourself What if I make a bad decision What if I fail or 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 Stop Procrastinating Nathan Walker,2021-03-08 55%

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