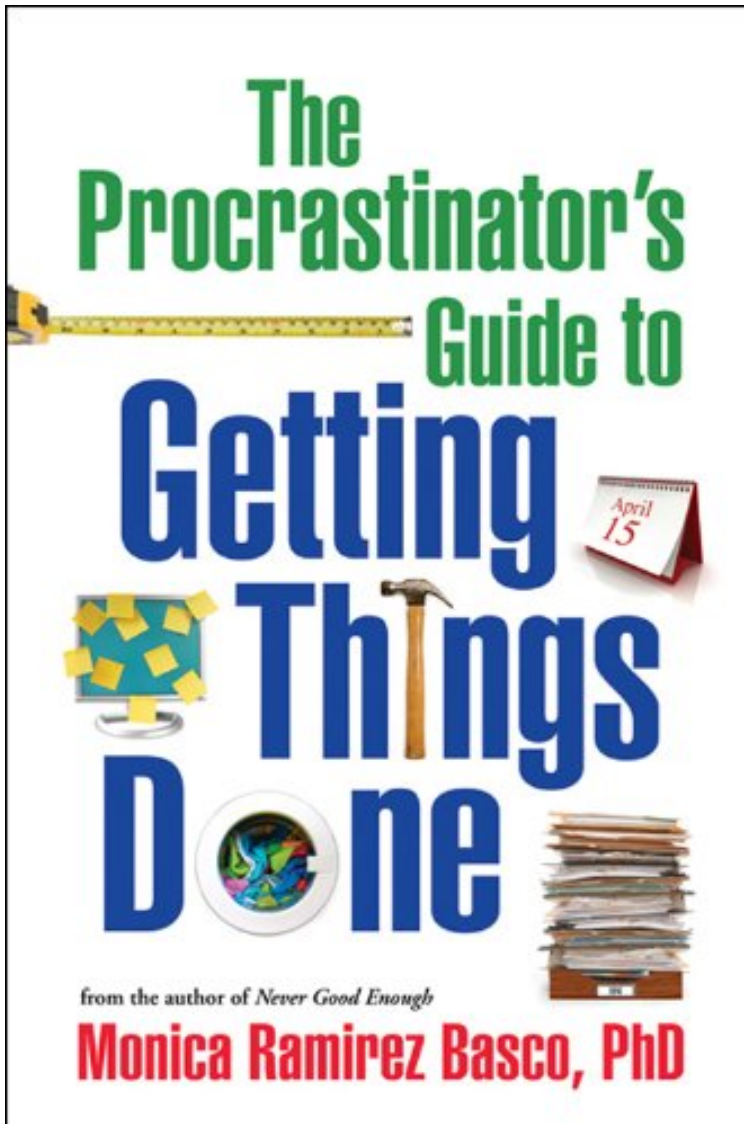


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The Procrastinator's Guide to Getting Things Done



Par Monica Ramirez Basco
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Description :

Prsentation de l'diteurEveryone waits till the last minute sometimes. But many procrastinators pay a significant price, from poor job performance to stress, financial problems, and relationship conflicts. Fortunately, just as anyone can endlessly delay, anyone can learn how to stop! Cognitive-behavioral therapy expert Monica Ramirez Basco shows exactly how in this motivating guide. Dr. Basco peppers the book with easy-to-relate-to examples from "recovering procrastinators"--including herself. Inviting quizzes, exercises,

and practical suggestions help you: