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Overcome procrastination: Enhancing emotion regulation

Procrastination has been called the thief of time, opportunity's assassin, and the grave in which dreams are buried. Retake control of your life by overcoming procrastination.

Make It Happen! Overcome Procrastination

Procrastination is defined as the avoidance of doing a task that needs to be accomplished. It could be further stated as a habitual/intentional delay of starting or finishing a task despite its negative consequences. It is a common human experience involving delay in everyday chores or even putting off salient tasks such as attending an appointment, submitting a job report or academic ...

Procrastination - Wikipedia

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- Hello. My name is Brenda Bailey-Hughes and I'm so glad you made the time to take this course. Because you may be able to wring a little more productivity out of your day without working any longer or any harder, just by kicking the procrastination habit. And I'm glad you're here because, let's face it, those of us drawn to a class about procrastination, well we're the ones most likely to put ...

Overcoming Procrastination (2013) - lynda.com

Note: To best understand this post, you should first read Part 1 of Wait But Why's previous post on procrastination. PDF: We made a fancy PDF of this post for printing and offline viewing. Buy it here. (Or see a preview.). Back in high school, if you had asked me if I was a procrastinator, I would have said yes. High school students are given all these lectures about "pacing yourself" on ...

The Procrastination Matrix - Wait But Why

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