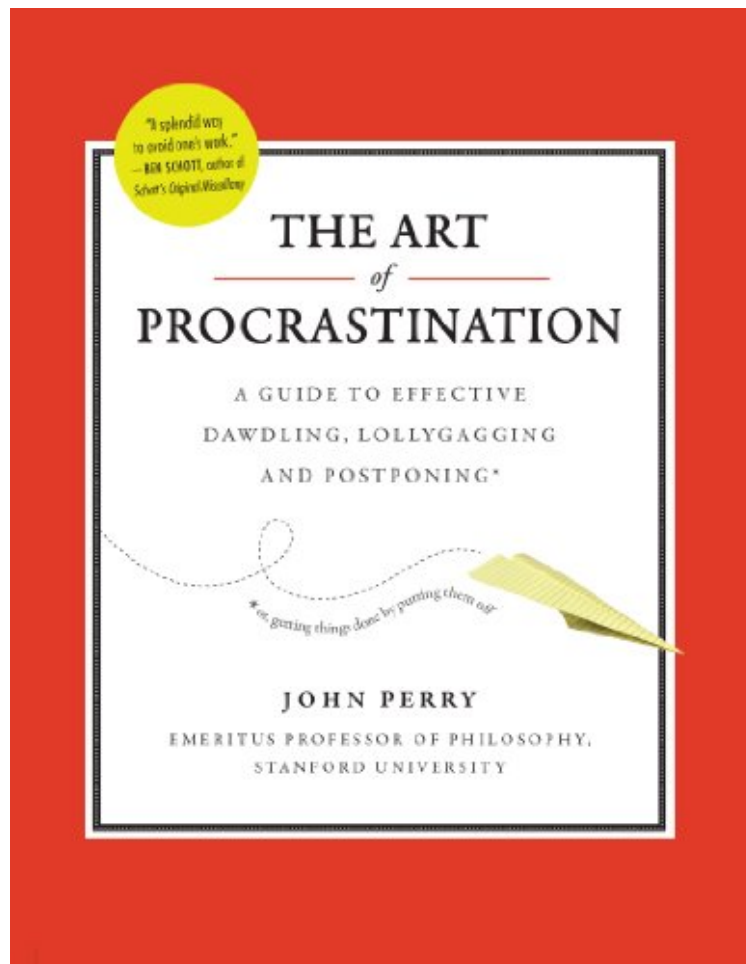


[Free] The Art of Procrastination: A Guide to Effective Dawdling, Lollygagging and Postponing

# The Art of Procrastination: A Guide to Effective Dawdling, Lollygagging and Postponing

John Perry

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**John Perry : The Art of Procrastination: A Guide to Effective Dawdling, Lollygagging and Postponing** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art of Procrastination: A Guide to Effective Dawdling, Lollygagging and Postponing:

15 of 15 people found the following review helpful. Procrastinating does not mean doing nothing, nor is it the worst flaw a person can have! By Didaskalex\*\*\*\*\* "Everyone procrastinates sometimes, but 20 percent of people chronically avoid difficult tasks and deliberately look for distractions--which, unfortunately, are increasingly available. Procrastination in large part reflects our perennial struggle with self-control as well as our inability to accurately predict how we'll feel tomorrow, or the next day." --Psychology Today\* Procrastination is the act of willfully delaying the doing of something that should be done, and in some people it is a habitual way of handling any task. As kids we were asked not to postpone until tomorrow what can be done today, inscribed on school homework books. The avoidance of doing a task which needs to be done, or procrastination not only affects a person's work, but may

probably involves guilt feelings. Trying to disguise our avoidance by looking busy doing things that may be interesting, would not contribute towards the goal, rather than filing our tax return, for example, before the mid April deadline! Searching .com for books on Procrastination, you may retrieve a thousand, but John Perry is the only author who calls it, an art. The versatile philosopher and creative thinker, who has earned the hearts as well as the minds of his readers and students, is the winner of Ig Nobel Prize in literature, described as, "first makes people laugh and then makes people think." And as a master procrastinator, since I was 7 years old, I was waiting for this book popularizing on his essay which earned him this American parody. Celebrating a distinguishing feature of human character flaw, The Art of Procrastination is a charming, challenging, engaging book, slim but full with funny arguments and bright ideas. "Most procrastinators are nice folks who get a lot done, albeit by not doing other things they should be doing," Perry says. "You may be a procrastinator, but you aren't a serial killer or a child-molester or someone who steals food from hungry nuns." What is procrastination's greatest gift? It is the chance to accomplish surprising, wonderful things by not sticking to a rigid schedule. Dr. Timothy Pynchel elaborates on what prof. Perry referred to, writing, "people diagnosed with ADHD are characterized as 'having difficulties completing tasks on time, organizing work,...'". Quite a few readers ... have discussed their own ADHD in relation to procrastination. ... What surprises them and me is how little formal research has been conducted exploring the relation of ADHD to procrastination." --Psychology Today. Indeed, the eminent scholar offers innovative strategies, effective tactics and funny advice to abate the consequences of dawdling, lollygagging and postponing syndromes! 2 of 2 people found the following review helpful. Fun Read But No Real Value By Michael Gaines We're all procrastinators. Rarely do we find ourselves in moments of high productivity, especially centered on the tasks most pressing at the time. Even now, writing this review (which I should have written days ago), I'm distracted by the constant buzzing of my phone. Identifying that you're a procrastinator is one thing. Coping with it is another. Actually changing that is something John Perry won't be able to tell you about. The Art of Procrastination justifies your procrastinating lifestyle and makes you feel content by rephrasing it to "Structured Procrastination". I was thoroughly engaged with his conversational writing style and witty humor but failed to gain any real value from him. He does provide some practical skills to improve your production and offers an alternate way of looking at the procrastination problem. However, it's his writing style that kept me reading, not his advice. The ideas Perry offers aren't new or controversial. I enjoyed the read but even to his own admission, this book is the product of his own struggles with procrastination. 0 of 0 people found the following review helpful. Funny and encouraging By Tessara Dudley This book is quite funny. Having read the original essay online some time ago, I've been meaning to read this book for a while and, true to form, have now done so as a way of putting off other, more important reading and writing. This was quite a good little diversion, and did indeed make me feel somewhat better about my own habit of procrastinating. I recommend it to any procrastinator looking for a fun little read and self-esteem boost, but not to any wishing to learn how not to procrastinate anymore; it's not at all that kind of book.

This is not a book for Bill Gates. Or Hillary Clinton, or Steven Spielberg. Clearly they have no trouble getting stuff done. For the great majority of us, though, what a comfort to discover that we're not wastrels and slackers, but doers . . . in our own way. It may sound counterintuitive, but according to philosopher John Perry, you can accomplish a lot by putting things off. He calls it "structured procrastination": In 1995, while not working on some project I should have been working on, I began to feel rotten about myself. But then I noticed something. On the whole, I had a reputation as a person who got a lot done and made a reasonable contribution. . . . A paradox. Rather than getting to work on my important projects, I began to think about this conundrum. I realized that I was what I call a structured procrastinator: a person who gets a lot done by not doing other things. Celebrating a nearly universal character flaw, The Art of Procrastination is a wise, charming, compulsively readable book; really, a tongue-in-cheek argument of ideas. Perry offers ingenious strategies, like the defensive to-do list ("1. Learn Chinese . . .") and task triage. He discusses the double-edged relationship between the computer and procrastination; on the one hand, it allows the procrastinator to fire off a letter or paper at the last possible minute; on the other, it's a dangerous time suck (Perry counters this by never surfing until he's already hungry for lunch). Or what may be procrastination's greatest gift: the chance to accomplish surprising, wonderful things by not sticking to a rigid schedule. For example, Perry wrote this book by avoiding the work he was supposed to be doing; grading papers and evaluating dissertation ideas. How lucky for us.

"This is a fun audiobook; guaranteed to make fellow procrastinators chuckle and laugh throughout its relatively short run time. By the way, it took John Perry 16 years to turn his essay into a book and it may well have been worth the wait." —DWR