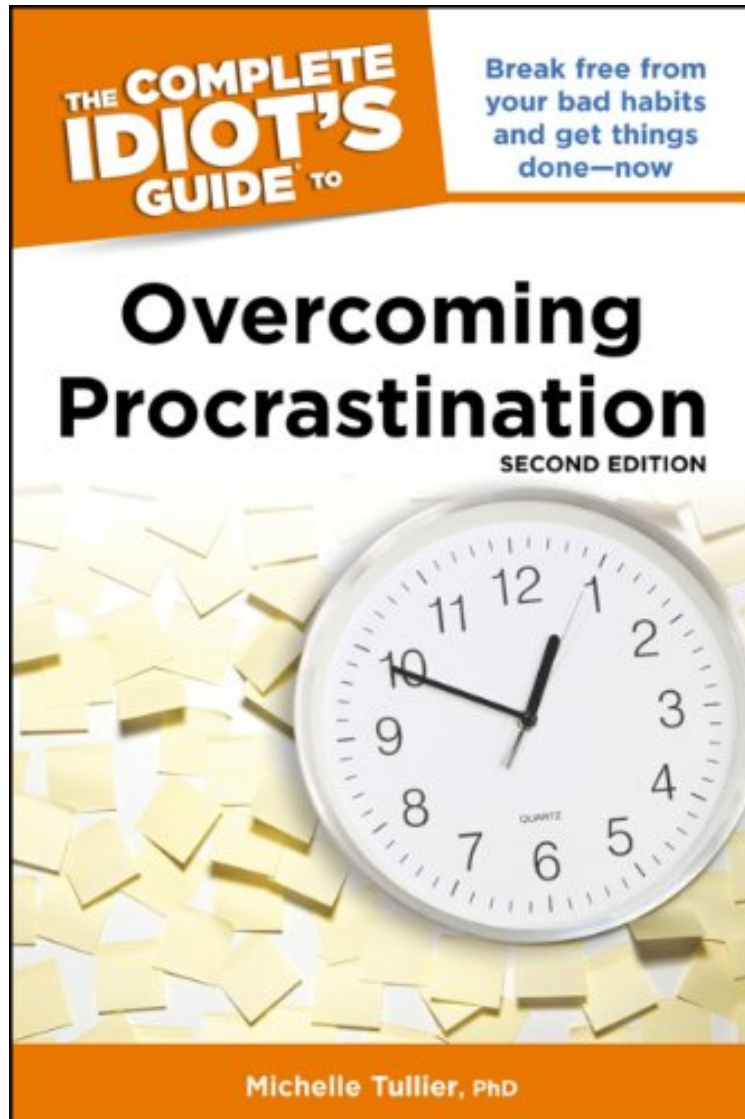


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## The Complete Idiot's Guide to Overcoming Procrastination, 2E (Complete Idiot's Guides (Lifestyle Paperback))

*Michelle Tullier*

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**Michelle Tullier : The Complete Idiot's Guide to Overcoming Procrastination, 2E (Complete Idiot's Guides (Lifestyle Paperback))** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Idiot's Guide to Overcoming Procrastination, 2E (Complete Idiot's Guides (Lifestyle Paperback)):

1 of 1 people found the following review helpful. Complete Idiot's Guide for Overcoming ProcrastinationBy Beckie

BarnesI really liked this book alot. I'm not a procrastinator and was reading it for guidance for a friend who is struggling in life with several issues and procrastination. The book has become an amazing eye-opener to the actual steps that people's "brain/thinking" goes through during processes of procrastination. The book has given practical ways to change your procrastination but also tells you it's going to be hard work on your part to make this happen. There's no "pie-in-the-sky" "easy squeezey" way to do this because you are changing habits that have formed for a long time. If you are ready to do the work and you do not want to be the procrastinator that you have always been then read this book. I even liked it for the very few times that I procrastinate. Very very good book worth every penny.4 of 4 people found the following review helpful. Not an easy cure, but this is a great helpBy arcturusBeing a procrastinator means hurting yourself and the people around you. You make a commitment but you just can't keep it. You have a whole catalog of excuses and you use them a lot. Everything and everyone are guilty but yourself. It's impossible to you to:..Meet deadlines..Finish tasks..Order your life..Be in shape..Finish your work.You really wanna change but you have no idea how to do so. This book is the first step to begin. You need time, make your will stronger, and push yourself A LOT. But the tricks and list inside this book are like candles in the dark.0 of 0 people found the following review helpful. Not usefulBy SarahThis book contains basic information that I already know or that I've heard before but isn't practical for me to implement. Therefore this book is not useful for me. This is sad because it is a good concept.

Everyone procrastinates from time to time. But when putting things off becomes a habit, it can be debilitating and have devastating effects. Clear, concise, and highly usable, *The Complete Idiot's Guide to Overcoming Procrastination, Second Edition*, will help anyone who has a hard time getting things done - from the occasional procrastinator to the worst of the worst. This new edition is more streamlined and written to give readers strategies they can apply right away.Part 1 starts with key insights on why we procrastinate, how our surroundings (and our brains) affect our tendency to put things off, and how simply changing our thinking can be key to changing our bad habits. Part 2 gets more into the nitty gritty of how we can begin to change our behaviors, and gives clear, simple steps so they can quickly banish the clutter, get organized, and get things done. Part 3 moves into more strategic thinking with specialized strategies for overcoming procrastination at work, in school, in relationships, and with everyday matters (even in a reader's digital life).

About the AuthorL. Michelle Tullier, PhD specializes in helping people and organizations reach their goals. As a regional vice president for a leading global consulting firm, she leads the design and delivery of career management and outplacement solutions for major corporations, including many of the Fortune 100. As a counselor and seminar leader for more than 20 years, Dr. Tullier helped thousands of individuals achieve their full potential in their work and personal lives. She has conducted workshops on time management and overcoming procrastination for New York University, served as a career counselor with Barnard College of Columbia University, and was a keynote speaker for the National Association of Professional Organizers. Dr. Tullier is the author of eight books, including the *Unofficial Guide to Landing a Job*. She completed her undergraduate studies in psychology at Wellesley College and her doctorate in counseling psychology at UCLA.