



# Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change

By Timothy A. Pychyl

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Why do we sabotage our own best intentions? How can we eliminate procrastination from our lives for good? Based on current psychological research and supplemented with clear strategies for change, this concise guide will help readers finally break free from self-destructive ideas and habits, and move into freedom and accomplishment. With numerous practical tips for change, *Solving the Procrastination Puzzle* brings clarity and scientific studies—and a touch of humor!—to the quest for successfully achieving goals. This accessible guide is perfect for entrepreneurs, parents, students, and anyone who wants to get unstuck, stop delaying, and start living their most inspired life.

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**Bibliography**

- Sales Rank: #40777 in Books
- Brand: Unknown
- Published on: 2013-12-26
- Released on: 2013-12-26
- Original language: English
- Number of items: 1
- Dimensions: 8.23" h x .35" w x 5.40" l, .30 pounds
- Binding: Paperback
- 128 pages



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### **Editorial Review**

#### **Review**

"Don't be misled by the concise size (100 pages) of this book. Timothy Pychyl has been helping people change their put-it-off mindsets for twenty years. Each page has been carefully thought out to hold readers' attention as he tells us how to get about doing what we need to do in order to make our lives more productive and fulfilling. Laced with cartoons to keep readers laughing as they learn, the guidance is wise, down-to-earth, and easy to embrace."

#### **--RETAILING INSIGHT**

#### **About the Author**

**Timothy A. Pychyl Ph.D.** is an associate professor of psychology at Carleton University in Ottawa. Researching and writing about procrastination since 1995, Pychyl has garnered an international reputation for his scholarship and a global audience for his iProcrastinate podcasts and his popular *Don't Delay* blog with *Psychology Today* ([www.psychologytoday.com/blog/dont-delay](http://www.psychologytoday.com/blog/dont-delay)). Visit him online at: [procrastination.ca](http://procrastination.ca).

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