



I'm not robot



**I am not robot!**

We will start off simply, establishing what procrastination is, helping you decide whether you are a procrastinator, and if so, how you likely experience a bout of procrastination. Read this book. Wired for procrastination: putting off is human nature. There are a host of anxiety-related reasons that have been thought to Based on more than a decade of research, and written with humor, humanity, and solid science, this book offers answers to such questions as: Are we biologically hardwired to To score, add up your answers to each of the following questionsHEALTH: exercise, diet, avoiding or treating illness (e.g., "Procrastinating about going to the gym, about going on a diet") CAREER: jobs, employment, earning a living (e.g., "Procrastinating about getting a better job, about getting a raise") 3 Includes bibliographical references and index. With accessible prose and the benefits of new scientific research, he provides insight into why we The procrastination equation: the result of eight hundred studies plus one. The personal price of procrastination: what we miss, what we lose, and what we suffer When The Procrastination EquationFree download as PDF File.pdf, Text File.txt) or read online for free. Today." —Daniel H. Pink, author of Drive and A Whole New Mind. If you are We will start off simply, establishing what procrastination is, helping you decide whether you are a procrastinator, and if so, how you likely experience a bout of procrastination. Procrastinations: how modern life ensures distraction. If you are a procrastinator—and the odds are good that you are—you are part of a very large community indeed Piers Steel takes on the myths and misunderstandings behind procrastination and motivationshowing us how procrastination affects our lives, health, careers and happiness and what we can do Dr. Piers Steel takes on the myths and misunderstandings behind procrastination and motivation. Portrait of a procrastinatorThe procrastination equationWired for procrastinationProcrastinationsThe personal price of procrastinationThe economic cost of procrastinationOptimising optimismLove it or leave itIn good timeMaking it work about why we procrastinate, what comes of procrastination, and what strategies we can employ to do something about it. " Steel shows us the secrets of procrastination, how it affects us THE PROCRASTINATION EQUATION "EXPECTANCY x VALUE IMPULSIVENESS x DELAY And there it is: the Procrastination Equation—inspired by the common In this groundbreaking book, the world's leading expert on procrastination, Dr Piers Steel, reveals the truth about why procrastinate – and shows us what we can do about it , · Dr. Piers Steel takes on the myths and misunderstandings behind procrastination and motivationshowing us how procrastination affects our lives, , · Using a mix of psychology, evolutionary biology, self-help, and more than a decade of research, Dr. Piers Steel, the world's foremost authority on procrastination, procrastination has identified not just any delay but an irrational one—that is, when we voluntarily put off tasks despite believing ourselves to be worse off for doing so.