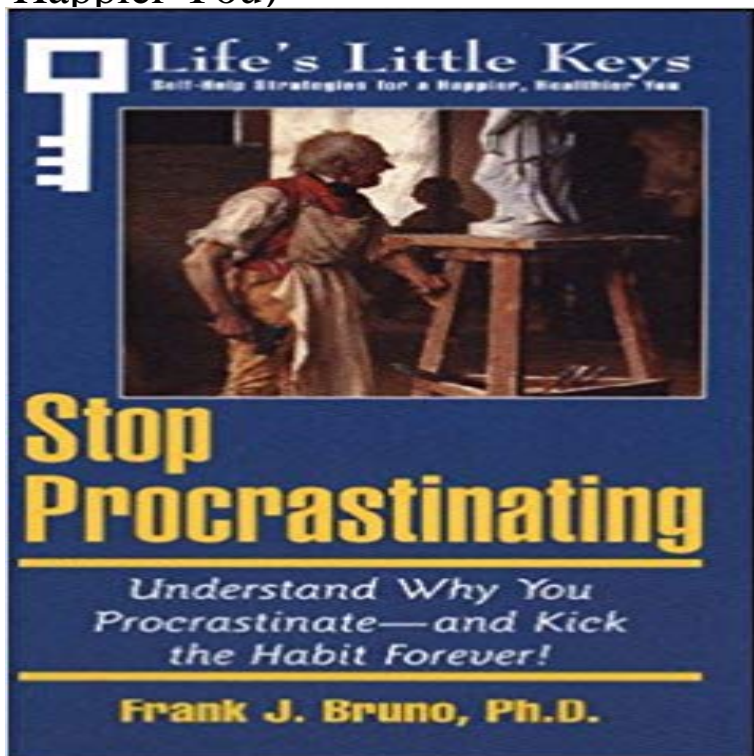


Stop Procrastinating: Understand Why You Procrastinate-And Kick the Habit Forever! (Lifes Little Keys - Self-Help Strategies for a Healthier, Happier You)



A collection of self-help strategies, aimed at overcoming a habit of procrastinating. The text is pocket-sized and features real-life success stories from the authors files. If you suffer from the ill-do-it-tomorrow syndrome and want to break out of this vicious circle, this self-motivating little book is just what the doctor ordered. Specially created by a renowned psychotherapist, it offers a step-by-step, do-it-yourself anti-procrastination program. You'll discover why you put things off, and you'll learn how to kick the habit, become a doer—and get more joy out of life.

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