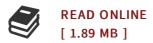




## The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done (2nd Revised edition)

By Piers Steel

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done (2nd Revised edition), Piers Steel, 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. Using a powerful mix of psychology, science, self-help, and a decade of his own research, Dr Steel shows us what effect procrastination has on our lives, and offers real hope to sufferers everywhere. New to this revised edition, Dr Steel shows exactly how to apply the techniques in common problem areas, resulting in a step-by-step procrastination busting guide for work, money matters and losing weight.



## Reviews

Certainly, this is the very best work by any writer. It is loaded with knowledge and wisdom I am just quickly will get a satisfaction of reading through a created publication.

-- Donavon Okuneva

This type of publication is every thing and got me to seeking in advance plus more. I was able to comprehended every thing out of this created e ebook. I am easily could possibly get a satisfaction of reading a created ebook.

-- Sonya Koss