

# The Procrastinator's Guide to Success

## Content

### **The Procrastinator's Guide to Success by Lynn Lively.**

...

Everyone procrastinates. The question is, is doing nothing working for you or against you? Author Lynn Lively, a self-confessed (but reformed) procrastinator, will help you get to where you want to go...with no more excuses. With THE PROCRASTINATOR'S GUIDE TO SUCCESS, you can stop losing precious time, break the cycle of self-blame, overcome inertia, and create the life you really want.

Procrastination can be defined as the failure to make things happen. But are you really procrastinating, or simply thinking about a problem to be solved? THE PROCRASTINATOR'S GUIDE TO SUCCESS will show you how to tell the difference!

You will also learn how to: work through "worst-case" scenarios; figure out what's within your control and what isn't; procrastinate strategically; and, finally, practice self-direction! Special sections include: Confessions of a Procrastinator; "Brain-dumps," "Gut-wrenchers," "Busywork Alerts," and other handy lists. Want to be your own biggest fan? Be the hero of your own life by making your own dreams come true. Read THE PROCRASTINATOR'S GUIDE TO SUCCESS and prepare for your life to change.

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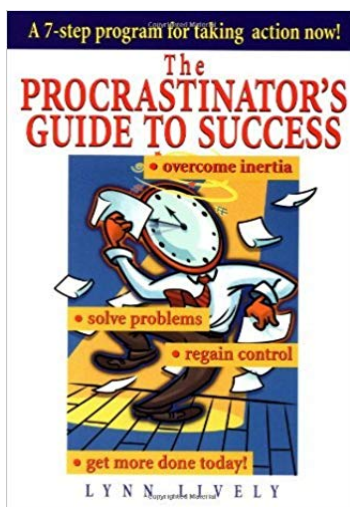
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