



The Procrastination Cure: 7 Steps To Stop Putting Life Off

Jeffery Combs

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Twenty percent of people admit to being procrastinators and an untold number never admit to it at all. Procrastination is an epidemic that can only be eliminated if the underlying causes are uncovered. Yet there's very little understanding of how to let go of procrastination, how to recognize and diffuse the feelings that lead to it, and most importantly, how to develop the ability to both produce and relax without guilt. In the pages of *The Procrastination Cure*, you'll discover: - The root causes of procrastination (as opposed to viewing procrastination as merely a time-management issue) - The six types of procrastinators: the Neurotic Perfectionist, the Big Deal Chaser, the Chronic Worrier, the Rebellious Rebel, the Drama Addict, and the Angry Giver - Key strategies, practical solutions, and real-life examples for overcoming each variety of procrastination Many books on procrastination are written from a distance by PhDs; whereas Jeffery Combs, a recovering procrastinator himself, will help you overcome procrastination and achieve the life of your dreams based on his own experiences and research.

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