



## Do It Now!: Break The Procrastination Habit (Revised Edition)

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By Dr William J. Knaus

Times Group Books, New Delhi, India, 2010. Softcover. Book Condition: New. First Edition. Table of Contents The Pitfalls of Procrastination. Stop Fiddling and Start Doing. Mapping Your Procrastination Territory. Procrastination Traps. The Seeds of Procrastination. Diversionary Ploys. Patterns of Change. Procrastination Contingencies and Wrong Solutions. In and Out of the Quagmire. Control: The Pathway to and From Procrastination. Perfectionism and Fear of Failure. Approval Seeking and Putting It Off. Discomfort Dodging and Procrastination. Strategies for Overcoming Procrastination. Procrastination Styles: A Fresh Look at an Old Problem. Your Imagination Can Help You Get It Done. Clear Thinking Gets It Done. Getting in Touch with Your Feelings. Following Through by Rewarding Yourself. Planning to End Procrastination. Get Yourself Organized and Follow Through. Afterword: Enjoying the Journey Printed Pages: 256.



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