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PROCRASTINATION THE OPPORTUNITY KILLER - A SELF ASSESSMENT GUIDE AND WORKBOOK



Unicorn Books, 2013. Paperback. Book Condition: New. There are various social, personality and psychological causes of procrastination, all of which can be individually identified, assessed, treated and overcome. It is crucial for one's physical and psychological health to treat and overcome this irrational self-sabotaging behaviour. While there are numerous causes of and treatments for procrastination, the most important step to overcoming procrastination is to become self aware of any procrastinator tendencies. This book is so written that you not only...

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- Authored by Amit Abraham
- Released at 2013



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