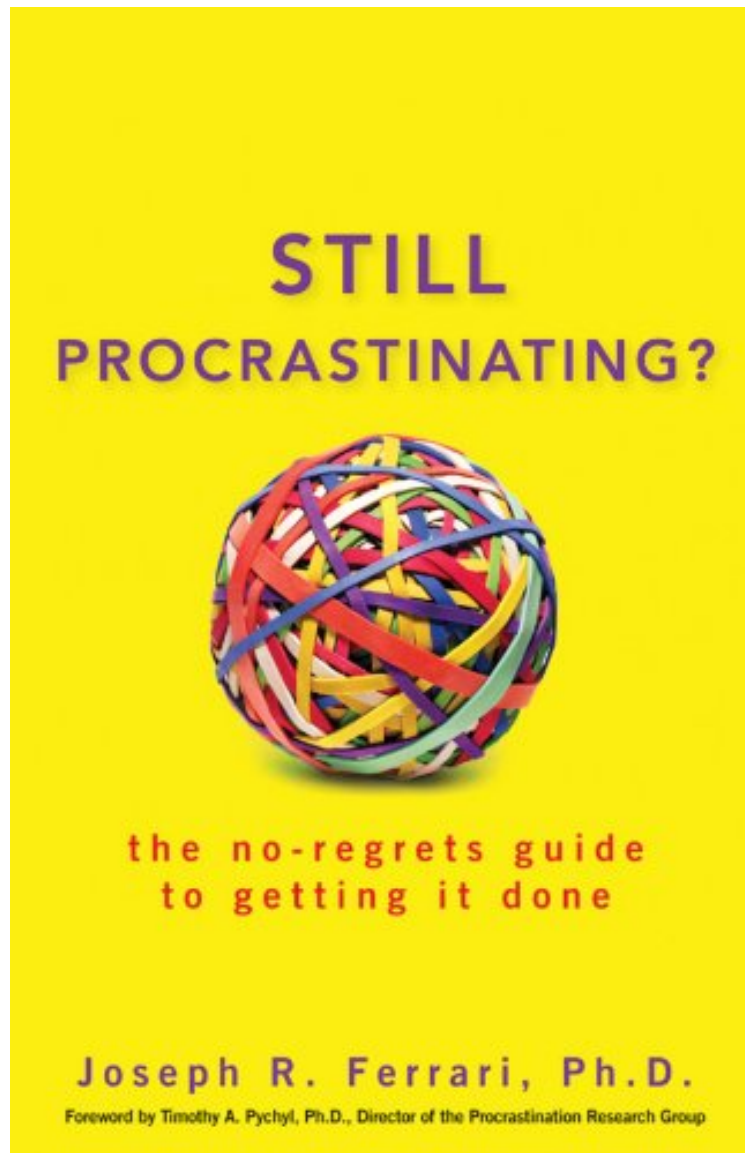


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Still Procrastinating: The No Regrets Guide to Getting It Done

Joseph R. Ferrari

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Joseph R. Ferrari : Still Procrastinating: The No Regrets Guide to Getting It Done before purchasing it in order to gauge whether or not it would be worth my time, and all praised Still Procrastinating: The No Regrets Guide to Getting It Done:

2 of 2 people found the following review helpful. Dr Ferrari delivers a mentor-esque call to arms! By Tommy Engell just finished reading and listening to "Still Procrastinating", and it definitely has me thinking about my own situation in a more positive and progressive manner. I liked it a lot because it's direct, which adult-people like me (Clinically Diagnosed as ADHD) need. Dr Ferrari's language is not soft and cooing comfort, soothing away those feelings of guilt

I know I have from my limited life's success, due to procrastination. Instead, Dr Ferrari delivers a mentor-esque call to arms, demanding in a relatively gentle way, that we get off our butts and make a decision to change our lives and he includes many suggestions of how we can start to take action ourselves, rather than procrastinating, hoping a magic cure will find us before we find it. Good read and listen. 2 of 2 people found the following review helpful. "Still Procrastinating?" is an extraordinary step by step ...By Customer "Still Procrastinating?" is an extraordinary step by step guide to getting things done! In this reading, Ferrari and his colleagues, gather scientific research on procrastination conducted for over more than twenty years. Leading my own team professionally, led me to gain interest in this reading as it incorporates how to reach certain goals while identifying the self-sabotaging tendencies that can prevent one from reaching them. Not only does the author provide concrete examples through out the chapters about how certain mental and behavioral routines can become discouraging towards our fullest potential, but he also identifies various types of procrastinators by evaluating which characteristics or behaviors specifically describe you! This book is definitely worth the read while you find yourself applying various strategies the author provides to improve your road of eliminating procrastination and successfully reaching your goals. 1 of 1 people found the following review helpful. Procrastinating! By Kim Lampron If you are a procrastinator get this book!

Find out why you put things off-and learn to conquer procrastination for good! "What if I make a bad decision?" "What if I fail?" "I'm better under pressure." There are all sorts of reasons people procrastinate. What are yours? This book draws on scientific research on procrastination conducted over more than twenty years by the author and his colleagues, to help you learn what stops you from getting things done so that you can find the solutions that will really work. Contrary to conventional wisdom, chronic procrastination is NOT about poor time management, but about self-sabotaging tendencies that can prevent you from reaching your full potential. This book gives you the knowledge and tools you need to understand and overcome these tendencies so you can start achieving your goals-not next week, next month, or next year, but TODAY! Exposes the hidden causes of procrastination, including fear of failure, fear of success, and thrill-seeking Identifies types of procrastinators and helps determine which type describes you Shares surprising information on how factors such as technology and the time of day affect procrastination Examines specific issues related to putting things off in school and at work Shares more than twenty years of research on the causes and consequences of chronic procrastination Written by a psychologist who is an international expert on the subject of procrastination Are you still procrastinating? This take-charge guide will help you stop making excuses and start transforming your life-right now!

* ""Still Procrastinating?"" is a thoughtful and powerful resource which shouldn't be overlooked by readers."" (Library Bookwatch, January 2011)