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Using a mix of psychology, evolutionary biology, self-help, and more than a decade of research, Dr. Piers Steel, the world's foremost authority on procrastination, offers a tried and true method helping us to identify, understand, and break free of our self-destructive bad habits and create more positive lives for ourselves.

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Did you know there's an equation for Procrastination? Yep.  $Expectancy \times Value / Impulsiveness \times Delay = Motivation$ . Thank you, Piers Steel. In this great book, Piers (a leading researcher on the science of motivation/procrastination) walks us thru the power of that equation.

## **The Procrastination Equation by Piers Steel**

The Procrastination Equation. Everything you wanted to know about procrastination but put off finding out. Piers Steel Ph.D.

## **The Procrastination Equation | Psychology Today**

In this groundbreaking book, the world's leading expert on procrastination, Dr Piers Steel, reveals the truth about why procrastinate and shows us what we can do about it. Using a powerful mix of psychology, science, self-help, and a decade of his own research, Dr Steel shows us what effect procrastination has on our lives, and offers real hope to sufferers everywhere. New to this revised edition ...

## **The Procrastination Equation PDF eBook: How to Stop**

The Procrastination Equation Does Not Solve All Problems. Despite its usefulness, don't make the mistake of treating the procrastination as a panacea—it's not the only tool needed in your

anti-procrastination toolbox. The procrastination equation: Does not tell you what you should be working on in the first place.

### **How We Use the Procrastination Equation - Alex Vermeer**

The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done [Piers Steel PhD] on Amazon.com. \*FREE\* shipping on qualifying offers. "The Procrastination Equation will teach you how to bust the excuses that are preventing you from doing your best work and living your best life". So don't put it off any longer.

### **The Procrastination Equation: How to Stop Putting Things**

The Procrastination Equation provides a scientific examination of procrastination. Most surprising: procrastination is not a symptom of perfectionism. Rather, it's related to one's impulsiveness. Or, at least, those are Steel's findings after years of research and study.

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### **The Procrastination Equation | Download eBook PDF/EPUB**

For a book about time management, "The Procrastination Equation" sure wastes a lot of your time. The book is long on theory and short on concrete advice. This is the only book I've ever read on procrastination, but my guess is that there must be something better out there.

### **The Procrastination Equation (Audiobook) by Piers Steel Ph**

And there it is: the Procrastination Equation "inspired by the common elements that determine when we procrastinate, and crafted together from the most deeply researched elements of social sciences" strongest motivation theories. The Procrastination Equation accounts for every major finding for procrastination.

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