



# Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change

*Timothy A. Pychyl*

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Timothy A. Pychyl

**Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change** Timothy A. Pychyl

**The new edition of the self-published hit, offering powerful strategies to end procrastination!**

Why do we sabotage our own best intentions? How can we eliminate procrastination from our lives for good? Based on current psychological research and supplemented with clear strategies for change, this concise guide will help readers finally break free from self-destructive ideas and habits, and move into freedom and accomplishment. With numerous practical tips for change, *Solving the Procrastination Puzzle* brings clarity and scientific studies—and a touch of humor!—to the quest for successfully achieving goals. This accessible guide is perfect for entrepreneurs, parents, students, and anyone who wants to get unstuck, stop delaying, and start living their most inspired life.

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