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It will teach you to stop procrastinating, kick your addictions, circumvent laziness, take control of your actions,

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and achieve your goals, by thoroughly understanding the way your mind works. In it, you'll learn: What is the nature of motivation, on its deepest psychological level; Why addiction and procrastination are two sides of the same coin

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Proactive Guide To The Psychology Of Motivation
Addiction, Procrastination and Laziness by Roman Gelperin. The first third of the book relates certain experiences that we can all relate to and involves the scientific side of procrastination. The next part focuses on motivation, which I was the most interested in reading.

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Laziness: A Proactive ...

This book is a self-help manual and a rigorous analysis of the psychology of motivation. It will teach you to stop procrastinating, kick your addictions, circumvent laziness, take control of your actions, and achieve your goals, by thoroughly understanding the way your mind works. In it, you'll learn:

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This book is a self-help manual and a
rigorous analysis of the psychology of

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motivation. It will teach you to stop procrastinating, kick your addictions, circumvent laziness, take control of your actions, and achieve your goals, by thoroughly understanding the way your mind works. In it, you'll learn:

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Free Bonus Below! Psychology Of Motivation

**Addiction, Procrastination, and
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Addiction Recovery and Procrastination
Habits. by Dr. Bill Knaus. Long-term
SMART members will likely remember
the section on procrastination in Knaus,

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W (1992-2000) SMART Recovery: A Quick Start Primer. Dr. Knaus is the author of five books on procrastination, including End Procrastination Now (McGraw-Hill 2010). Let's start with a definition.

Addiction Recovery and Procrastination Habits - SMART

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When procrastination co-occurs with substance abuse, it is a complex procrastination. You can find many parallels between addictions and procrastination. Here is a key linkage.

**Overcome Addictions and
Procrastination Simultaneously ...**

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People often think procrastination is about time management, laziness, or a weak will but that is not the best way to understand procrastination. According to research, poor emotional regulation and a failure of self-regulation cause people to procrastinate.

You Procrastinate Because Of

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Laziness should not be confounded with procrastination or idleness. To procrastinate is to postpone a task in favour of other tasks, which, though perceived as easier or more pleasurable, are...

The Psychology of Laziness |

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Psychology Today

This book is a self-help manual and a rigorous analysis of the psychology of motivation. It will teach you to stop procrastinating, kick your addictions, circumvent laziness, take control of your...

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Roman has written a pair of non-fiction books—Addiction, Procrastination, and Laziness; and Depression and the Immature Romance—and is currently in the final stages of Self-Actualizing People in History: a psycho-biographical analysis of Abraham Maslow, Alexander Solzhenitsyn, Ayn Rand, Albert Einstein,

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and—notably—himself.
Psychology Of Motivation

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This book is a self-help manual and a rigorous analysis of the psychology of motivation. It will teach you to stop procrastinating, kick your addictions, circumvent laziness, take control of your

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**Addiction, Procrastination, and
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developed the habit of procrastination
because it gave you the short-term,
“feel good” reward of living in the
moment. What you probably didn't do

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was to learn how to experience those “lazy feelings” and take action despite them. One of the biggest reasons why people procrastinate is because a task conflicts with their established habits.

23 ANTI-PROCRASTINATION HABITS

Anxiety, Procrastination and Substance Abuse. Procrastination can impact every

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aspect of our daily lives. Procrastination typically stems from anxiety or stress. The pervasiveness of anxiety can make it difficult for us to complete even the simplest of day-to-day activities.

Anxiety, Procrastination and Substance Abuse

Procrastination Is Your Worst Enemy:

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Defeat Laziness, Perfectionism,
Addiction, Self Doubt and Negative
Thinking: A Guided Meditation and
Hypnosis to Boost Your Productivity and
Get More Things Done By: Zen Mind
Hypnotherapy

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