



It's About Time!: The 6 Styles of Procrastination and How to Overcome Them

Linda Sapadin, Jack Maguire

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Critically analyzing the roots of procrastination, a psychologist identifies six types of procrastinators linked to personality and family dynamics and presents a three-step program designed to help readers overcome the problem. 25,000 first printing. \$25,000 ad/promo. Tour.

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