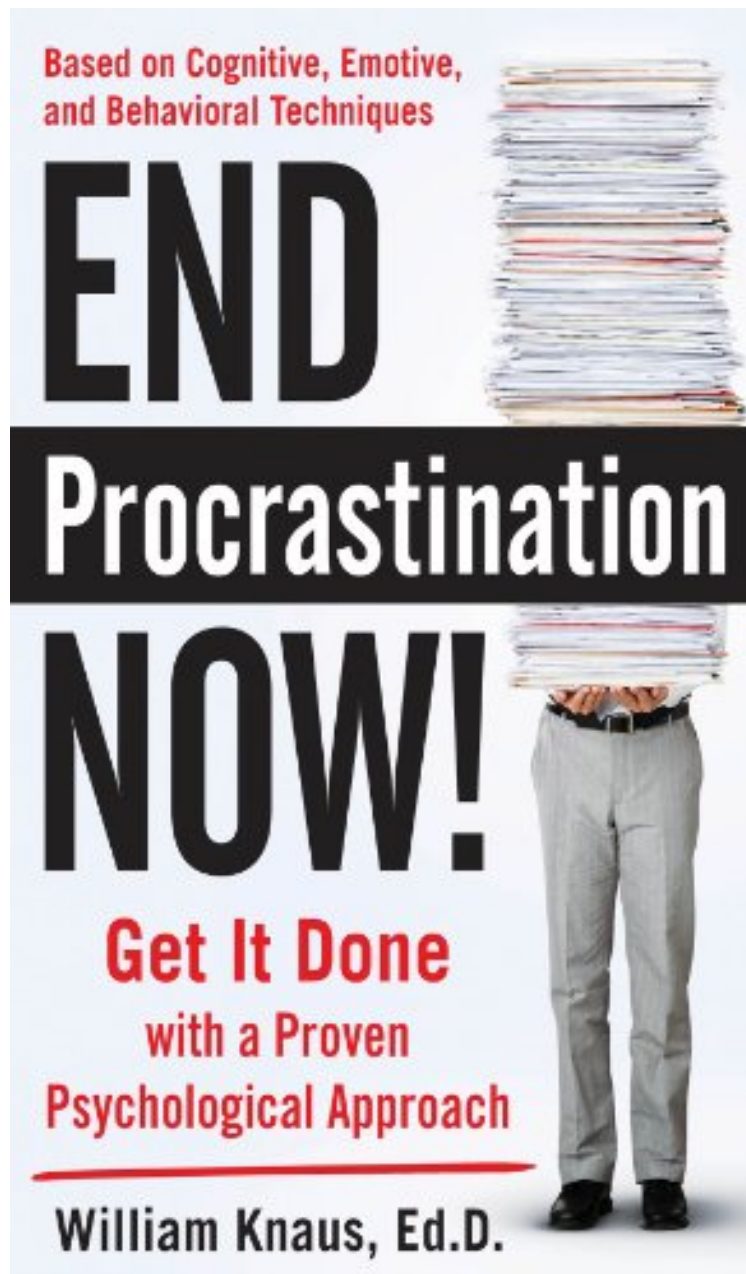


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End Procrastination Now!: Get it Done with a Proven Psychological Approach

William Knaus Ed.D.

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William Knaus Ed.D. : End Procrastination Now!: Get it Done with a Proven Psychological Approach before purchasing it in order to gage whether or not it would be worth my time, and all praised End Procrastination Now!:

Get it Done with a Proven Psychological Approach:

52 of 53 people found the following review helpful. End Procrastination Now By S. Boucher If there is any way that you can get off that procrastination hook, it is worth it at almost any price! I speak from experience because I was better at procrastination than anyone I knew. As far back as I can remember, procrastination came naturally and easily...I was great at putting things off. I stalled on school projects and my parents were on my case about my constant procrastination. I usually passed in my assignments late and my grades suffered. I just barely got into college and then just barely made it out! I was one of those people who waited until it was almost too late to study for a test or start a term paper. The pattern continued post graduation and I procrastinated on the job I procrastinated at home and in my relationships. I was sick of feeling sick over my procrastination! When my boss finally told me to clean up my act or get another job...that was a turning point! When I first read Dr. Bill Knaus', "The Procrastination Workbook", I felt hopeful that I could escape from my procrastination trap. I pushed myself to do what he suggested. I started getting things done ahead of time. Then I bought "End Procrastination Now" and I find I have started to move myself to a higher level of control over my life. Happily I also feel confident that I will hang onto these gains and make more in the future! Highlights of the book and what I liked about it: 1. "End Procrastination Now" is easy to read and it gives much food for thought. 2. Dr. Knaus draws on scientific research and his extensive knowledge gives you a reason to feel optimistic that you too can break your procrastination habit. 3. I like Dr. Knaus' no-blame approach. It is easier to follow through with his suggestions when you are not dumping on yourself for procrastinating. 4. I liked his horse and rider metaphor which showed why procrastination is a natural part of human nature. He shows you how to harness your higher mental processes to checkmate this very natural human tendency. 5. When you do get stuck procrastinating, the author gives you practical steps to "use time productively that you'd ordinarily spend procrastinating." 6. The book has many anagrams, quick tips, interesting stories and metaphors which can very effectively be used to break out of the procrastination circle. 7. Dr. Knaus shows you how to use cognitive, emotive and behavioral methods to stop procrastinating...and this approach tied it all together for me! 8. I was also fascinated by the therapy session transcript at the back of the book. Dr. Knaus shows you how he uses his own methods and I found some real gems among those samples. 9. The biggest bonus for me was learning how emotions can really mess up decision making. I learned that I don't have to be ruled by my emotions. **BOTTOM LINE:** If you procrastinate and want to stop....Put "End Procrastination Now" at the top of your reading list! 22 of 22 people found the following review helpful. End Procrastination Now!: Get it Done with a Proven Psychological Approach By S. H. Timpano End Procrastination Now is brilliantly done. This book overflows with great insights into procrastination and practical techniques to feel less stressed and to get more done. Dr. Knaus shows you how procrastination extends from your thinking and emotions into delaying behavior. He simplifies how to get free from procrastination by showing you how to divide and conquer these three parts of procrastination. After reading this book you'll know how to proactively cope with unpleasant tasks and get them out of your way before they become major problems. You'll learn about the double-agenda dilemma. This is the core conflict people have when they reach a decision point of acting or delaying. You'll learn how to become aware of this conflict and resolve it in favor of positive action over procrastination avoidance. I could go on, but that would be tarrying too long. Read it if you are serious about being more productive in following through in what you want to do with your life. 14 of 15 people found the following review helpful. Good insights into procrastination, but short on practical tips By Jean C. Lee As a counselor, William Krauss has some great insights to offer about why you are procrastinating. If you're looking to read about procrastination, this might be a great book for you; but if you're looking for some concrete tools, End Procrastination Now! will fall short, as it only devotes one chapter to techniques. Some of these include working for 5 minutes and keeping track of your time with a time log that emphasizes recording the "shift" from procrastination to productivity (i.e. you record the intermediary step, deciding to get to work). To me, this read more like a manual for other counselors. If you're looking for a book to grab from your bookshelf whenever you feel like reeling yourself back from procrastination, check out: http://www..com/The-Procrastinators-Handbook-Mastering-Doing/dp/0802775985/ref=sr_1_1?ie=UTF8qid=1340460674sr=8-1keywords=procrastinator%27s+handbook

Never miss another deadline! A proven method that defeats procrastination forever by conquering emotions, not time management Procrastination is a serious and costly problem. And time management isn't the solution. Author William Knaus exposes the deep-rooted emotional and cognitive reasons we procrastinate and provides solutions to overcome it. Where other books offer time-management techniques and organizational tips as superficial fixes that don't work in the long run, End Procrastination Now! goes deeper and shows you a three-pronged approach to get off and to stay off the procrastination treadmill. End Procrastination Now! provides you with expert advice on how to stay on track, stay focused, and meet deadlines. Psychologist William Knaus outlines a step-by-step plan to get over procrastination by recognizing its causes, building positive feelings towards what needs to get done, and implementing effective solutions that help you cut bad habits to successfully get more done in less time. You'll learn The natural "causes" for procrastination and how to track and then stop procrastination. New techniques that cut through procrastination barriers

that affect work and productivity. To reduce stress caused by procrastination through the unique cognitive, emotional, and behavioral approach. How to build resilience to negative feelings you automatically have towards tasks

About the Author William Knaus, Ed.D. is a licensed psychologist and an expert in the area of procrastination, depression, and anxiety. He is a pioneer in cognitive revolution in psychotherapy. Author is doing seminar tour for PESI, a national organization that sponsors continuing education for professional groups, such as mental health and medical professionals. Aside from his private practice, numerous consultation assignments include: U.S. Army Post-Doctoral Psychologist Training Programs, Canadian Government, Addiction Research Bureau, Devereux Foundation. Regional television appearances include Boston, Minneapolis, Baltimore/Washington, New England Cable Network. National radio appearances include the Larry King Show, the Barry Farber Show, the Arlene Francis Show, and the Debbie Nigro Show. Life Series in Psychology, Channel 3, Cape Cod MA.