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A Teen s Guide to Getting Stuff Done: Discover Your Procrastination Type, Stop Putting Things Off, and Reach Your Goals (Paperback)

By Jennifer Shannon

New Harbinger Publications, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Do you procrastinate? And if so, what s your procrastination type? In this fun and illustrated guide, author Jennifer Shannon blends acceptance and commitment therapy (ACT) and cognitive behavioral strategies to help you recognize your procrastination habits, discover the strengths of your unique procrastination type, and find the motivation you need to meet important deadlines and reach your highest goals. In the midst of modern-day distractions like smartphones, social media, and endless hours of movie and television streaming, it s no wonder you procrastinate! But despite what you may have heard, procrastination doesn t make you a bad or lazy person. In fact, procrastination may even work for you sometimes-creating a sense of urgency that can help you focus. But if procrastination doesn t work for you, it can get in the way of meeting your full potential-in high school, college, your career, and life. So, how can you get things done and be your very best? In A Teen s Guide to Getting Things Done, you ll discover your procrastination type-warrior, pleaser, perfectionist, or rebel-as well as the unique strengths inherent in each type. If you re...



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