

# **The Procrastination Workbook: Your Personalized Program For Breaking Free From The Patterns That Hold You Back**

**By Dr. William J Knaus EdD**

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Research Papers by Bill Knaus Ed.D. Beat Procrastination Now ; Psychology Today 1991-2015  
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<http://www.sa.sc.edu/ssc/files/2013/11/Procrastination-Workbook.pdf>

### **Spanish Proverb - Tomorrow is often the busiest -**

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The following tips can prevent you from procrastination:

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### **Suggested Readings, California Psychologist Dr -**

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<http://pj.b5z.net/i/u/2043019/i/Procrastination.doc>

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