



## Do It Now!: Break the Procrastination Habit

By William J. Knaus

Wiley. Paperback. Book Condition: New. This item is printed on demand. Paperback. 256 pages. Dr. William J. Knauss awarenessaction approach has helped thousands of people overcome the adverse effects of procrastination. Now, this completely revised and updated edition of his classic bestseller can help you identify the root causes of your particular problem and develop a workable action plan to regain control of your life. Based on the latest research, Do It Now! includes: The Procrastination Inventory--a self-test to help you identify personal behavior patterns The six classic procrastination styles and how to overcome them Dozens of helpful exercises and strategies--plus special Do It Now! tipsDont procrastinate on reading this book and using its methods! --Albert Ellis, Ph. D. , President Albert Ellis Institute for Rational Emotive Behavior TherapyThis compelling book goes beyond procrastination and addresses a general style of life that points the way to less stress, more satisfaction, and greater achievement. --Arnold A. Lazarus, Ph. D. , ABPP Distinguished Professor Emeritus, Rutgers University Coauthor, The 60-Second Shrink Better than the excellent original. Must reading for all professionals and laypersons interested in the procrastination habit. -- Richard C. Springthall, Ph. D. Director of Graduate Studies, American International College Coauthor,...



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