

# **The Procrastinator's Digest: A Concise Guide To Solving The Procrastination Puzzle By Timothy A Pychyl**

**By Timothy A Pychyl**

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and is the author of the 2010 book "The Procrastinator's Digest: A Concise Guide to Solving the Procrastination Puzzle."

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it directs you to opt for immediate mood repair, explains Timothy A. Pychyl, The Procrastinator s Digest: A Concise Guide to s a procrastination

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