

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."

Apr 14, 2011 associate professor of psychology at Carleton University in Ottawa and author of The Procrastinator s Digest: A Concise Procrastinators think

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