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“The Procrastination Equation will teach you how to bust the excuses that are preventing you from doing your best work and living your best life. . . . So don't put it off any longer. Read this book. Today.”

(Daniel H. Pink, author of Drive and A Whole New Mind) “An upbeat, motivational

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*The Procrastination
Equation: How to
Stop Putting Things ...*
The author and
professor of
economics, Piers
Steel, PhD., calls this
formula the
'Procrastination
Equation'. In a book
that he wrote about

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Equation, he delves a bit deeper into these elements that determine whether you're eager to do a certain activity as soon as possible, or whether you'll tend to postpone it.

*The Procrastination
Equation - The
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"The Procrastination Equation will teach you how to bust the excuses that are preventing you from doing your best work and living your best life. So don't put it off any longer. Read this book. Today." - Daniel Pink, author of Drive and A Whole New Mind

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"The Procrastination

Equation is this

season's must-read self-help book. In

addition to offering useful strategies to

fight a common

problem, it's a

fascinating

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Equation will teach
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Introducing The
Procrastination

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Equation. Developed by Professor Pier Steel, the Procrastination

Equation breaks down our motivation into a simple equation: On the top you have Expectancy and Value. Expectancy refers to the odds of a positive outcome occurring. While Value refers to how

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Equation: How rewarding that outcome is. To Stop Putting

Things Off And Start Getting Stuff Done Piers

The Procrastination Equation: How to actually do the tasks

Here's a collection of extra ideas and thoughts that we've found useful when using the procrastination equation:

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Troubleshoot your biology – sometimes all you really need is a splash cold water on your face, have a coffee, go for a... Use social accountability – to using the equation. Plan around ...

How We Use the Procrastination Equation - Alex Vermeer

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Piers Steel, in his book, outlines the Procrastination Equation: Motivation

= [Expectancy * Value] /

[Impulsiveness * Delay]

That is the sum total of why we procrastinate. As Steel says: Decrease the certainty or the size of a task's reward – its

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Equation OR How to Stop Putting Things Off And Start Getting value – and you are unlikely to pursue its completion with any vigor.

The Procrastination Equation OR How to never be late again ...

The author has created an equation that describes the effects of procrastination, and

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that equation has even been used by companies in employee and management training. It is easy to see why! It can be frustrating to find yourself in the same self- I am one of the people in the world who has a problem with putting things off, and that inspired me to check

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The Procrastination
Equation Everything
you wanted to know
about procrastination
but put off finding out.

Piers Steel has a
Ph.D. in Industrial-
Organizational
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The Procrastination Equation: How to Stop Putting Things ...

The Procrastination Success Formula is for those who are determined to change their way of thinking

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and living, get rid of depression, so they can not just get more done on a daily basis, but also feel accomplished, see progress and be a role model for others around them.

Procrastination equation is not as complicated as it may seem.

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Buy The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done by Steel, Dr Piers (2010) Paperback by (ISBN:) from Amazon's Book Store. Everyday low

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“The Procrastination Equation will teach you how to bust the excuses that are preventing you from doing your best work and living your best

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life. You'll learn some surprising facts about procrastination as well as practical techniques for short-circuiting the temptation to dawdle. So don't put it off any longer. Read this book. Today.”

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...procrastination has identified not just any delay but an irrational one—that is, when we voluntarily put off tasks despite believing ourselves to be worse off for doing so. Even more helpfully, his work on the study of procrastination led to the procrastination equation — an

Read Book The Procrastination Equation that explains your current level of motivation to do something.

The Procrastination Equation: An In-Depth Breakdown ...

Piers Steel's first book, The Procrastination Equation: How to Stop Putting Things Off and Start Getting

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Stuff Done (2011), is a combination of serious academic research and popular how-to advice. In an engaging, easy-to-read book, Steel identifies the factors that contribute to procrastination and offers readers concrete “action points” to overcome the problem.

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The Procrastination Equation: How to Stop Putting Things Off And... Stop Putting Things ...

2 THE GETTING PROCRASTINATION EQUATION to you. It

is about personal transformation, about unencumbered desire free of internal competition, and the guiltless leisure you can enjoy when your

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Everything you ever wanted to know about procrastination but never got around to reading.”

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