



# Procrastination: Why You Do It, What To Do About It

*Jane B. Burka, Lenora M. Yuen*

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## **Procrastination: Why You Do It, What To Do About It** Jane B. Burka, Lenora M. Yuen

Based on years of counseling, psychologists Jane B. Burka and Lenora M. Yuen offer a probing, sensitive, and sometimes humorous look at the problem that troubles everyone. Revealing the reasons we put off tasks-fears of failure, success, control, separation, and attachment-the authors outline a practical, tested program to overcome procrastination. Candid and understanding, *Procrastination* is a must-have today for anyone who puts everything off until tomorrow.

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