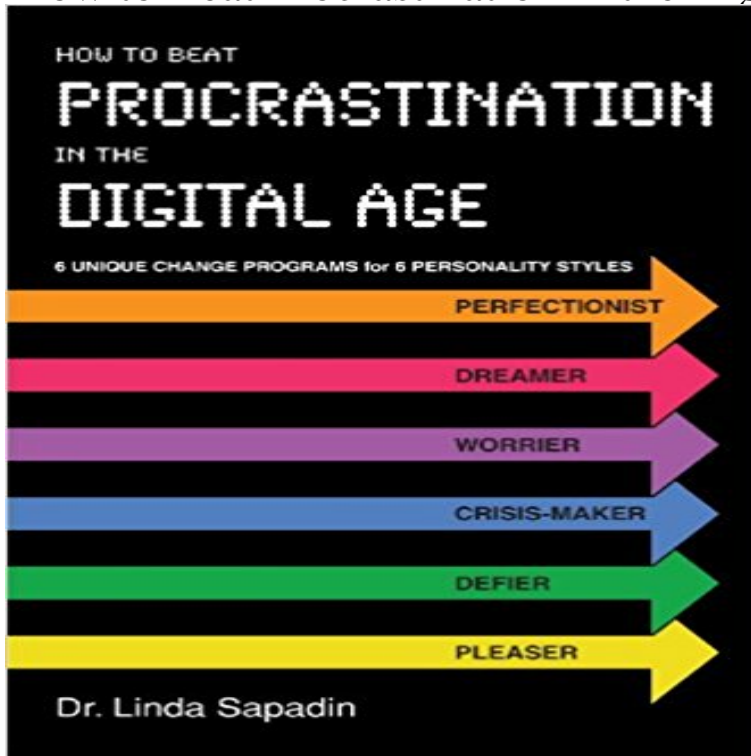


## How to Beat Procrastination in the Digital Age



Whether you're a Perfectionist, a Dreamer, a Worrier, a Crisis-Maker, a Defier, a Pleaser or a combination thereof, this book is your roadmap to success. Psychologist and success coach, Dr. Linda Sapadin, has created 6 unique change programs for 6 personality styles. Each change program provides a wealth of information that you cannot find anywhere else. No need for a personality makeover. No need to become like someone else. Each program is designed to respect your personality style so that you can develop the upgraded, enhanced version of you! Take the Six Styles of Procrastination Quiz. Then delve into the program designed for you. Discover what fuels your procrastination. Learn empowering thinking skills, persuasive language mastery, effective action strategies, creative guided imagery, and innovative to-do assignments. Two bonus chapters on Making Change Happen, and a Coda on How Technology Can Boost Your Productivity complete the program. Stop regretting how you spend your time. You deserve better; you can do better. The skills, strategies and secrets in this book will enhance your career, enrich your relationships, empower your confidence and expand your well-being. Wow, what a payoff!

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