



# **The Worrier's Guide to Overcoming Procrastination: Breaking Free from the Anxiety That Holds You Back (New Harbinger Self-Help Workbook)**

*Kevin Gyoerkoe, Pamela Wiegartz*

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Break the Bonds of Anxiety-Driven Procrastination

You know that postponing things you need to do can result in negative consequences-overdue bills, unhappy supervisors, disappointed friends and romantic partners, and feelings of guilt or dread-but something inside keeps you from taking action. For many of us, that something is anxiety-fear of failure, firmly entrenched perfectionism, or even fear of success. With **The Worrier's Guide to Overcoming Procrastination**, you'll develop the skills you need to understand and conquer the anxiety that lies at the root of your chronic avoidance. These proven skills for overcoming procrastination will help you to work productively, enjoy guilt-free leisure time, and free yourself from the anxiety that holds you back.

Use this effective program to:

- Identify the specific reasons behind your procrastination
- Eradicate the negative thinking patterns that fuel anxiety
- Set goals for boosting your productivity and improving time management
- Make the commitment to change your habits for good

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**Lucille Grant:**

The book The Worrier's Guide to Overcoming Procrastination: Breaking Free from the Anxiety That Holds You Back (New Harbinger Self-Help Workbook) can give more knowledge and also the precise product information about everything you want. Exactly why must we leave the best thing like a book The Worrier's Guide to Overcoming Procrastination: Breaking Free from the Anxiety That Holds You Back (New Harbinger Self-Help Workbook)? Wide variety you have a different opinion about guide. But one aim in which book can give many details for us. It is absolutely proper. Right now, try to closer along with your book. Knowledge or data that you take for that, you may give for each other; you are able to share all of these. Book The Worrier's Guide to Overcoming Procrastination: Breaking Free from the Anxiety That Holds You Back (New Harbinger Self-Help Workbook) has simple shape however, you know: it has great and massive function for you. You can appear the enormous world by open and read a book. So it is very wonderful.

**Larry Boggs:**

Typically the book The Worrier's Guide to Overcoming Procrastination: Breaking Free from the Anxiety That Holds You Back (New Harbinger Self-Help Workbook) has a lot of knowledge on it. So when you read this book you can get a lot of profit. The book was written by the very famous author. The author makes some research prior to write this book. This specific book very easy to read you may get the point easily after perusing this book.

**Michael Hansen:**

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**Wayne McKnight:**

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