



# The Procrastination Cure (Chinese Edition)

*Jeffrey Combs*

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## **The Procrastination Cure (Chinese Edition)** Jeffrey Combs

Are there non procrastinators in the world? The answer is no. Procrastination is an epidemic that can only be eliminated if the underlying causes are uncovered. Yet theres very little understanding of how to let go of procrastination, how to recognize and diffuse the feelings that lead to it. There are six types of procrastinators: the Neurotic Perfectionist, the Big Deal Chaser, the Chronic Worrier, the Rebellious Rebel, the Drama Addict, and the Angry Giver. Many books on procrastination are written from a distance by PhDs whereas Jeffery Combs, a recovering procrastinator himself, will help you overcome procrastination and achieve the life of your dreams based on his own experiences and research.

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