



Procrastination: Why You Do It,, What To Do About It Now (Chinese Edition)

Jane B.Burka^Lenora M.Yuen

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Procrastination is a problem that strikes millions of people in every walk of life. California psychologists Jane B. Burka and Lenora M. Yuen pinpoints several causes of procrastination and show how to shake this fascinating tendency once and for all.

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