



# The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done

*Piers, PhD Steel*

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Using a mix of psychology, evolutionary biology, self-help, and more than a decade of research, Dr. Piers Steel, the world’s foremost authority on procrastination, offers a tried and true method helping us to identify, understand, and break free of our self-destructive bad habits and create more positive lives for ourselves.



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