

# Understanding Procrastination

!

!

"#\$%&'!()\*+)\$'%&,\$%&\*, -!

!

# Overcoming Procrastination

!

"#\$!%#!\$&!#'&()#\* &!+(#)(, -./0, ./#01!

!

23!4&)#50/6&!\$7&.7&(!. , -8!9&/05!, '#/%&%!/-!: 0+;&, -, 0.!#(!%/<</) :;.=