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Solving the Procrastination Puzzle is a book written by an author who really knows what he's talking about. Timothy A. Pychyl is a Canadian academic known in psychology for his research on procrastination. He founded the Procrastination Research Group in 1995 and has published numerous academic articles about procrastination.

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Solving the Procrastination Puzzle Summary When we procrastinate, we voluntarily delay an intended action despite the knowledge that this delay may harm us in terms of the task performance or even just how we feel about the task or ourselves. Pychyl believes there are many types of delay in our lives and we need to learn to appreciate this.

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