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Solving The Procrastination Puzzle: A Concise Guide to ... 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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Book Summary: Solving the Procrastination Puzzle by ... Buy Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change by Pychyl, Timothy A. (2013) Paperback by (ISBN: ) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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