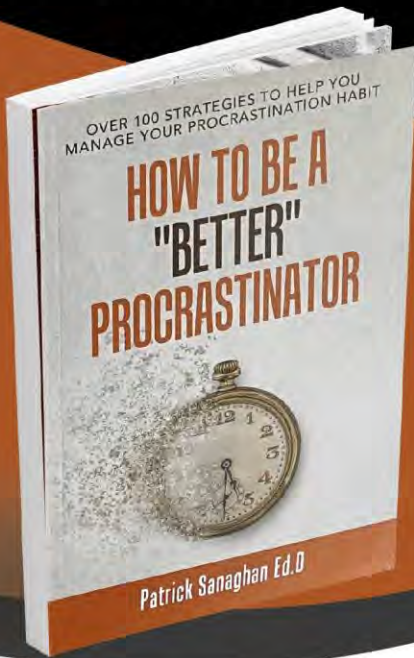


DR. PAT SANAGHAN



ABOUT THE AUTHOR

Dr. Pat Sanaghan is a “productive” procrastinator who has wrestled with his procrastination habit his entire adult life. But, he has earned a doctorate, written 12 books and 50 published articles. He has worked as an organizational consultant in more that 300 organizations over the past 30 years. He is busy, productive and still procrastinates on some things.

How to be a “Better” Procrastinator

STORY IDEAS:

- Understand the hidden and pernicious dynamic of the procrastination cycle and how to neutralize it.
- Learn 5 powerful and practical strategies that help procrastinators “manage” their habit and accomplish important and difficult things.
- Learn how to say No to lazy people.
- How to set goals that can be accomplished.
- The 5 negative myths about procrastination that need to be ignored.
- Why eating “*the bigger*” frog might not be the right strategy.
- Learn about the limits of “*Willpower*” and how to use it strategically.
- The theory and reality of motivation and how it helps or hinders accomplishing things.
- Learn about the power of *Temptation Bundling*.
- Learn about the powerful role of rewards and the dangers of “Should s.”
- Most of us are “*distraction magnets*” so how do we manage our attraction to distraction.
- How making our progress visible is motivating and helps support completion.
- Learn about utilizing an “*Accountability Partner*” to finish the hard things.