

*an instant help book for teens*

# overcoming procrastination for teens

a cbt guide for  
college-bound  
students

- \* get **organized**
- \* cope with **stress**
- \* get **better grades**

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## Overcoming Procrastination for Teens: A CBT Guide for College-Bound Students



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ll figure out how to address unfounded fears, improve self-perception, manage your time and feelings of boredom or indifference, increase critical thinking skills and organizational skills, plus much more. Useful for students who want to stop procrastinating, do better in school, and accomplish even more." —Booklist Procrastinating is a habit that can hinder your achievement and follow you well into adulthood. With this book, procrastination expert Bill Knaus gives a step-by-step direct to overcoming procrastination. setting the stage for success in high school, in university, and beyond. ll learn to organize your plan, manage homework, overcome negative self-talk, and improve your self-esteem. s a issue that plagues millions of high school and college students and problems teachers and parents. ll develop the self-mastery you need to lessen procrastination and be ready to meet your problems, get more done, feel much better, and plan the future—Procrastination is a universal topic— If you're someone who procrastinates, you know your delays might have a negative effect on your life—especially when it involves grades and preparing for the future. A whole lot worse, in the event that you aren't in a position to overcome your procrastination habit, it can have a limiting influence on your achievement as an adult. So, what is it possible to do to remove the procrastination barriers and effectively meet your issues? Overcoming Procrastination for Teens is a practical, research-supported workbook to assist you understand the habit of procrastination, reduce it, and boost your capability to get things carried out. With this comprehensive self-help training manual, you'" Using tips and equipment based in CBT, you'it' With basic and fun exercises and abilities located in cognitive behavioral therapy (CBT), you'



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lolFive Stars Effective Five Stars Love it Four Stars Nice reserve but my teen even now procrastinates.



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