



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

*William J. Knaus*

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**Procrastinating is a bad habit that can hinder your success and follow you well into adulthood. With this book, procrastination expert Bill Knaus offers a step-by-step guide to overcoming procrastination. With simple and fun exercises and skills based in cognitive behavioral therapy (CBT), you'll learn to organize your schedule, manage homework, overcome negative self-talk, and improve your self-esteem.**

Procrastination is a universal topic—it's a problem that plagues millions of high school and college students and concerns teachers and parents. If you're someone who procrastinates, you know your delays can have a negative impact on your life—especially when it comes to grades and preparing for the future. Even worse, if you aren't able to overcome your procrastination habit, it can have a limiting effect on your success as an adult. So, what can you do to strip away the procrastination barriers and successfully meet your challenges?

*Overcoming Procrastination for Teens* is a practical, research-supported workbook to help you understand the habit of procrastination, reduce it, and increase your ability to get things done. Using tips and tools based in CBT, you'll learn how to address unfounded fears, improve self-perception, manage your time and feelings of boredom or indifference, increase critical thinking abilities and organizational skills, and much more.

With this comprehensive self-help training manual, you'll develop the self-mastery you need to lessen procrastination and be ready to meet your challenges, get more done, feel better, and prepare for the future—setting the stage for success in high school, in college, and beyond.

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#### **Terri Mitchell:**

Reading can called imagination hangout, why? Because if you are reading a book particularly book entitled *Overcoming Procrastination for Teens: A CBT Guide for College-Bound Students* the mind will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely can be your mind friends. Imaging each and every word written in a guide then become one form conclusion and explanation this maybe you never get before. The *Overcoming Procrastination for Teens: A CBT Guide for College-Bound Students* giving you yet another experience more than blown away your mind but also giving you useful info for your better life in this era. So now let us present to you the relaxing pattern the following is your body and mind is going to be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

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*Overcoming Procrastination for Teens: A CBT Guide for College-Bound Students* can be one of your basic books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to place every word into enjoyment arrangement in writing *Overcoming Procrastination for Teens: A CBT Guide for College-Bound Students* nevertheless doesn't forget the main place, giving the reader the hottest and also based confirm resource facts that maybe you can be considered one of it. This great information can certainly drawn you into brand-new stage of crucial considering.

#### **Dennis Mock:**

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