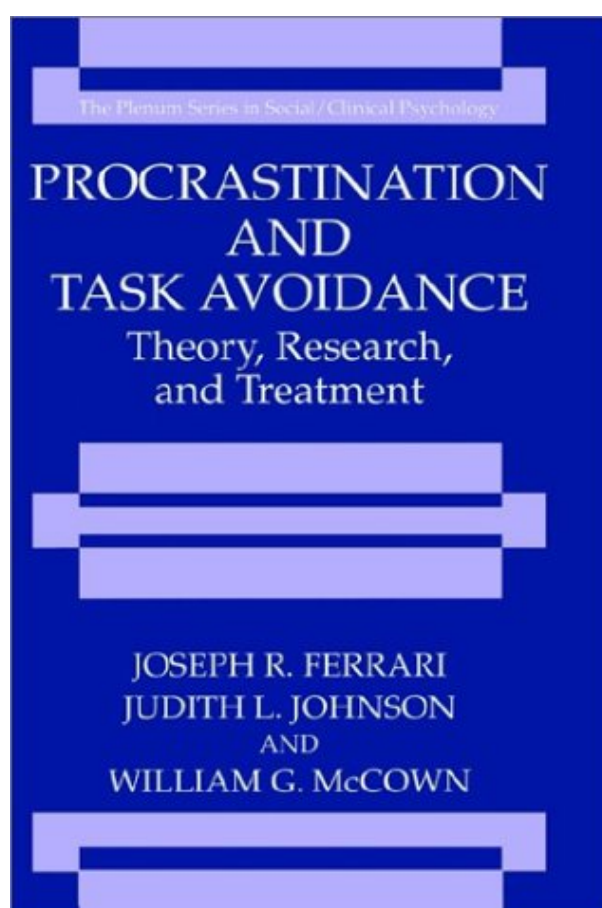


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Procrastination is a fascinating, highly complex human phenomenon for which the time has come for systematic theoretical and therapeutic effort. The present volume reflects this effort. It was a labor of love to read this scholarly, timely book-the first of its kind on the topic. It was especially encouraging to find that its authors are remarkably free of the phenomenon they have been investigating. One might have expected the opposite. It has often been argued that people select topics that trouble them and come to understand their problems better by studying or treating them in others. This does not appear to be true of the procrastination researchers represented in this book. I base this conclusion on two simple observations. First, the work is replete with recent references and the book itself has reached the reader scarcely a year following its completion. Second, when one considers the remarkable pace of programmatic research by these contributors during the past decade, it is clear that they are at the healthy end of the procrastination continuum. The fascinating history of the term procrastination is well documented in this book. The term continues to conjure up contrasting, eloquent images-especially for poets. When Edward Young wrote in 1742, "Procrastination is the Thief of Time," he was condemning the waste of the most precious of human commodities.

- Sales Rank: #3075256 in Books
- Brand: Brand: Springer
- Published on: 1995-01-31
- Original language: English
- Number of items: 1
- Dimensions: 9.21" h x .75" w x 6.14" l, 1.17 pounds
- Binding: Hardcover
- 268 pages

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Still a valuable book

By Bill McCown

I co authored this book. I still think it is exceptional after nearly 20 years. That is something I don't necessarily feel for all of my earlier scholarly work, much of which I would give only a star or two today. Despite the mileage on it, the insights in this volume are still valid. Undeniably, it contributed to a subsequent increase in research. The more we understand about procrastination and task avoidance, the more we realize that we do not know.

A strength of this book was that the authors and associates tried to explain procrastination by well established constructs.

This contrasts with the too common trend in contemporary behavior sciences of positing a trait or construct and then giving it broad explanatory powers. In other words, behavioral scientists often explain one concept by inventing and reifying another. This is very unsatisfactory solution, indeed, and may be one of the reasons that our disciplines fail to make the solid progress found in the "harder" sciences.

For people who have not followed Joe Ferrari's scholarly career, it is quite impressive. It is an honor to have been associated with this prolific and creative scholar.

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Wonderful book. Would probably finish it if i wasnt a procrastinator

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