

# Overcoming Procrastination

**The famed  
scientific method  
for ending a habit  
that is robbing you  
of time, money,  
power, freedom,  
and love.**

ALBERT ELLIS, Ph.D.  
AND  
WILLIAM J. KNAUS, Ed.D.

# Overcoming Procrastination Albert Ellis

**Rosina Ehmann**



## **Overcoming Procrastination Albert Ellis:**

**Overcoming Procrastination** Albert Ellis, William J. Knaus, 1979      *Overcoming Procrastination* Albert Ellis, William J. Knaus, 1979-07-01      **The Complete Idiot's Guide to Overcoming Procrastination** L. Michelle Tullier, 1999 Offers advice on how to deconstruct unproductive work habits improve time management and increase productivity at work and at home

The Complete Idiot's Guide to Overcoming Procrastination, 2E Michelle Tullier, 2012-09-04 Everyone procrastinates from time to time But when putting things off becomes a habit it can be debilitating and have devastating effects Clear concise and highly usable The Complete Idiot's Guide to Overcoming Procrastination Second Edition will help anyone who has a hard time getting things done from the occasional procrastinator to the worst of the worst This new edition is more streamlined and written to give readers strategies they can apply right away Part 1 starts with key insights on why we procrastinate how our surroundings and our brains affect our tendency to put things off and how simply changing our thinking can be key to changing our bad habits Part 2 gets more into the nitty gritty of how we can begin to change our behaviors and gives clear simple steps so they can quickly banish the clutter get organized and get things done Part 3 moves into more strategic thinking with specialized strategies for overcoming procrastination at work in school in relationships and with everyday matters even in a reader's digital life

**Overcoming Procrastination** Windy Dryden, 2021-11-25 Procrastinating putting things off delaying and obstructing progress do these sound familiar to you They are all patterns of destructive or obstructive behaviour in a pressured world where progress is measured by results *Overcoming Procrastination* updated and modernized for 2021 demonstrates that change can only occur when we have a better understanding of our own emotions and motivations It uses proven therapeutic techniques that centre around finding strategies for developing potential and unlocking the door to a more effective and enriched life

**Ask Albert Ellis** Albert Ellis, 2003 The most well known and highly respected psychotherapist of our time responds to reader questions submitted to the Ask Dr Ellis website The answers present the most concise reader friendly description yet of the author's Rational Emotive Behavior Therapy REBT method Fifty years of psychotherapy experience and wisdom are distilled in this practical guide for the rest of us Healthy thinking healthy emotions and healthy behavior are explained with detailed examples and procedures for building lasting emotional well being

Overcoming Procrastination for Teens William J. Knaus, 2016-12-01 Procrastinating is a habit that if left unchecked can hinder a teen's success and follow them well into adulthood With this book procrastination expert Bill Knaus offers teens an evidence based step by step guide to overcoming procrastination With simple and fun exercises based in cognitive behavioral therapy CBT skills teens will learn to organize their schedule manage homework overcome negative self talk and improve their self esteem

*The Practice of Rational Emotive Behavior Therapy* Albert Ellis, Windy Dryden, 2007-07-31 Reissued with a new foreword by Raymond DiGiuseppe PhD ScD St John's University New trainees often get the theory of psychopathology they struggle to get the case conceptualization and the strategic plan Then they ask

themselves What do I do now Going from the abstractions to the actions is not always clear The Practice of Rational Emotive Behavior Therapy represents a compilation of years of theoretical and clinical insights distilled into a specific theory of disturbance and therapy and deductions for specific clinical strategies and techniques The structure of this books focuses on an explication of the theory a chapter on basic practice and a chapter on an in depth case study A detailed chapter follows on the practice of individual psychotherapy Although the book is not broken into sections the next four chapters represent a real treasure The authors focus on using REBT in couples family group and marathons sessions Doing REBT with one person is difficult to learn Once the clinician adds more people to the room with different and sometimes competing agendas things get more complicated These chapters will not only help the novice clinician but also the experienced REBT therapists work better in these types of sessions So consider yourself lucky for having picked up this book Reading it will help many people get better From the Foreword by Raymond DiGiuseppe PhD ScD Director of Professional Education Albert Ellis Institute Professor and Chair Department of Psychology St John s University This edition involving a unique collaboration between Albert Ellis and the world s greatest Ellis scholar Windy Dryden modernizes Ellis s pioneering theories The book begins with an explanation of rational emotive behavior therapy as a general treatment model and then addresses different treatment modalities including individual couple family and sex therapy The authors have added material new since the book s original edition on teaching the principles of unconditional self acceptance in a structured group setting With extensive use of actual case examples to illustrate each of the different settings and a new brand new foreword by Raymond DiGiuseppe that sets the book into its 21st century context     Rationality and Pluralism Windy Dryden,2013-03-12 Leading psychologist lecturer and author Windy Dryden has compiled his most valuable writings on Rational Emotive Behaviour Therapy from the last thirty five years This collection reveals the thinking concepts and practical experience that have made Dryden one of the most respected and cited REBT authorities of our time Dryden has authored or edited over 195 books and established Europe s first Masters in REBT While his primary allegiance remains with REBT he has published extensively on CBT and the wider issues of psychotherapy Dryden s pluralistic perspective on REBT comes through in such seminal pieces as The therapeutic alliance in rational emotive individual therapy Compromises in rational emotive therapy Adapting CBT to a broad clientele Unconditional self acceptance and self compassion     **Do It Now!** William J. Knaus,1997-12 Do It Now has already helped thousands of people overcome procrastination a troublesome almost universal trait that can block both personal and professional fulfillment Using the awareness action approach developed during over 25 years of clinical experience therapist William Knaus shows readers how to first identify the root causes of their procrastination problem and then find workable solutions for overcoming them This revised edition includes fresh insights and techniques based on the latest research

**The Albert Ellis Reader** Albert Ellis,Shawn Blau,1998 A collection of 30 of the most popular and controversial articles by Albert Ellis founder of Rational Emotive Behavior Therapy Each piece is updated by Dr Ellis especially for this volume

Topics include sex love marriage anger rational living and more

**The Procrastination Cure** Jeffery Combs, 2011-10-15

What kind of procrastinator are you Get to the root of the problem with this practical guide that pinpoints the causes and the cure How do you let go of procrastination First you need to recognize and defuse the feelings that lead to it which can be very different from one person to the next Then you can develop the ability to both produce and relax without guilt In *The Procrastination Cure* you ll discover The root causes of procrastination it s not merely a time management issue The six types of procrastinators the Neurotic Perfectionist the Big Deal Chaser the Chronic Worrier the Rebellious Procrastinator the Drama Addict and the Angry Giver Key strategies practical solutions and real life examples for overcoming each variety of procrastination From a success coach and popular speaker who s a recovering procrastinator himself this is a book that can put you on the path to getting things done and living a better life

**Albert Ellis Revisited** Jon Carlson, William

Knaus, 2013-10-15 Albert Ellis was one of the most influential psychotherapists of all time revolutionizing the field through his writings teachings research and supervision for more than half a century He was a pioneer whose ideas known as Rational Emotive Behavior Therapy REBT formed the basis of what has now become known as Cognitive Behavior Therapy CBT the most widely accepted psychotherapeutic approach in the world This book contains some of Ellis most influential writings on a variety of subjects including human sexuality personality disorders and religion with introductions by some of today s contemporary experts in the psychotherapy field The 20 articles included capture Ellis wit humor and breadth of knowledge and will be a valuable resource for any mental health professional for understanding the key ingredients needed to help others solve problems and live life fully

*Self-Help That Works* John C. Norcross Ph.D., Linda F. Campbell Ph.D., John M. Grohol PsyD, John W. Santrock Ph.D., Florin Selagea M.S., Robert Sommer Ph.D., 2013-03-05 Self help is big business but alas not always a scientific one Self help books websites and movies abound and are important sources of psychological advice for millions of Americans But how can you sift through them to find the ones that work *Self Help That Works* is an indispensable guide that enables readers to identify effective self help materials and distinguish them from those that are potentially misleading or even harmful Six scientist practitioners bring careful research expertise and a dozen national studies to the task of choosing and recommending self help resources Designed for both laypersons and mental health professionals this book critically reviews multiple types of self help resources from books and autobiographies to films online programs support groups and websites for 41 different behavioral disorders and life challenges The revised edition of this award winning book now features online self help resources expanded content and new chapters focusing on autism bullying chronic pain GLB issues happiness and nonchemical addictions Each chapter updates the self help resources launched since the previous edition and expands the material The final chapters provide key strategies for consumers evaluating self help as well as for professionals integrating self help into treatment All told this updated edition of *Self Help that Works* evaluates more than 2 000 self help resources and brings together the collective wisdom of nearly 5 000 mental health professionals Whether

seeking self help for yourself loved ones or patients this is the go to research based guide with the best advice on what works

**The Procrastination Equation** Piers Steel,2010-12-28 DON T WAIT TO READ THIS BOOK The world s leading expert on procrastination uses his groundbreaking research to offer understanding on a matter that bedevils us all Writing with humour humanity and solid scientific information reminiscent of Stumbling on Happiness and Freakonomics Piers Steel explains why we knowingly and willingly put off a course of action despite recognizing we ll be worse off for it For those who surf the Web instead of finishing overdue assignments who always say diets start tomorrow who stay up late watching TV to put off going to sleep The Procrastination Equation explains why we do what we do or in this case don t and why in Western societies we re in the midst of an escalating procrastination epidemic Dr Piers Steel takes on the myths and misunderstandings behind procrastination and motivation With accessible prose and the benefits of new scientific research he provides insight into why we procrastinate even though the result is that we are less happy healthy and even wealthy Who procrastinates and why How many ways big and small do we procrastinate How can we stop doing it The reasons are part cultural part psychological part biological And with a million new ways to distract ourselves in the digitized world more of us are potentially damaging ourselves by putting things off But Steel not only analyzes the factors that weigh us down but the things that motivate us including understanding the value of procrastination

**The Power of Slow** Christine Louise Hohlbaum,2024-05-01 Overwhelmed by electronic gadgets Buried under an avalanche of e mails Juggling too many tasks and responsibilities Desperately in need of a deep breath and a time out For all of us who answer yes to any of these questions help is on the way Getting to the heart of our hassled and over scheduled existence Christine Louise Hohlbaum cheerfully investigates 101 ways to increase our quality of life and productivity by reevaluating how we perceive and use time Everyone has their own personal bank account of time and while we cannot control time itself we can manage the activities with which we fill the time we have available to us The Power of Slow gives readers practical concise directions to change the relationship they have with time and debunks the myths of multitasking speed and urgency as the only ways to efficiency Tips include When working on a project on your computer close all the windows with the exception of the one you need to do your job Learn to say no in a polite and constructive way to favors invitations and requests Manage your own expectations as well as those of others by clearly stating what is possible in the time frame given Declare gadget free zones both geographical and temporal to really enjoy your leisure time Know when your plate is full Make commitments to difficult tasks in five minute increments and gradually increase the increments Save your most favorite or the easiest tasks for last to avoid procrastination The Power of Slow will help readers identify areas in need of improvement and show them how to become more efficient and less frazzled at work and at home and live a better more balanced life

*Cognitive Behavioural Coaching* Michael Neenan,Windy Dryden,2020-03-04 The way we think profoundly influences the way we feel and behave Therefore it can be said that learning to think differently can enable us to feel and act differently Derived from the methods of cognitive

behaviour therapy Cognitive Behavioural Coaching A Guide to Problem Solving and Personal Development shows you how to help yourself by tackling self and goal defeating thinking and replacing it with an effective problem solving outlook This book gives clear and helpful advice on Dealing with troublesome emotions Overcoming procrastination Becoming assertive Tackling poor time management Developing persistence Developing resilience Handling criticism constructively Taking risks and making better decisions Originally titled Life Coaching A Cognitive Behavioural Approach the third edition of this book has been considerably revised and updated to reflect current thinking on some of the topics discussed This book will be invaluable to all those who are interested in becoming more personally effective in their everyday lives and to counsellors coaches and psychologists students and qualified alike      *Rationality and the Pursuit of Happiness* Michael E. Bernard, 2010-11-15 RATIONALITY AND THE PURSUIT OF HAPPINESS This book is a labor of love Michael Bernard has painstakingly transcribed a number of Albert Ellis s therapy and demonstration sessions as well as a selection of his lectures and has used this material to excellent effect to make Dr Ellis s views on psychological health and happiness come alive A gem of a book on a gem of a man by a gem of an author Professor Windy Dryden Goldsmiths University of London UK Michael Bernard s book reveals the importance of rationality as a positive faculty of mind that enables people to strengthen their resilience and self efficacy in order to not only cope with the inevitable challenges demands and changes characteristic of our post modern age but in addition through the application of different principles of rational living identified by legendary psychologist Albert Ellis to live fulfilled and meaningful professional and personal lives I confidently commend this book Professor Field Rickards Dean Graduate School of Education University of Melbourne Australia Albert Ellis one of the world s most influential psychologists founded Rational Emotive Behavior Therapy REBT in the 1950s Over the years this pioneering form of cognitive behavior therapy has advanced the emotional well being of hundreds of thousands of people around the world Yet while Ellis s innovative approaches for helping people with emotional difficulties are well known his views on the pursuit of personal happiness which have also influenced generations of people both with and without such problems are far more elusive Ellis s powerful arguments in favor of the rational pursuit of happiness are set out for the very first time in this book *Rationality and the Pursuit of Happiness* presents Ellis s views on how the principles of rational living can be used by anyone to achieve lifelong happiness Transcripts of private counseling sessions and public forums reveal the great power of rationality and the self defeating nature of irrationality Drawing on 50 years of Ellis s writing Michael Bernard shows how the emotional misery that arises from irrational thinking of the human psyche can obstruct our innate potential for self actualization and happiness In doing so he firmly establishes Ellis as a pioneer of positive psychology and a human being whose superior intellect and years of public education and psychotherapy experience offer genuine insights into the eternal question of what makes for a happy life      ,      **How to Make Yourself Happy and Remarkably Less Disturbable** Albert Ellis, 1999 Dozens of real life case examples detailed descriptions of self help action steps to help overcome anxiety

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