

**The Procrastination Workbook: Your Personalized
Program For Breaking Free From The Patterns That
Hold You Back By Dr. William J Knaus EdD**

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William J. Knaus is the author of following books: - The Procrastination Workbook: Your Personalized Program for Breaking Free from the Patterns That Hold You Back

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Spanish proverb - tomorrow is often the busiest

"tomorrow is often the busiest day of the week", this quote is synonymous to time managem. The following tips can prevent you from procrastination:

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