



# The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done

*Piers, PhD Steel*

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“*The Procrastination Equation* will teach you how to bust the excuses that are preventing you from doing your best work and living your best life....So don’t put it off any longer. Read this book. Today.”

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“Illuminating....Piers Steel shows us the secrets of procrastination, how it affects us and how we will, one day, be able to prevail.”

—Dan Ariely, author of *The Upside of Irrationality* and *Predictably Irrational*

Using a mix of psychology, evolutionary biology, self-help, and more than a decade of research, Dr. Piers Steel, the world’s foremost authority on procrastination, offers a tried and true method helping us to identify, understand, and break free of our self-destructive bad habits and create more positive lives for ourselves.

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