



Procrastination: Why You Do It, What To Do About It

By Jane B. Burka, Lenora M. Yuen

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Based on years of counseling, psychologists Jane B. Burka and Lenora M. Yuen offer a probing, sensitive, and sometimes humorous look at the problem that troubles everyone. Revealing the reasons we put off tasks-fears of failure, success, control, separation, and attachment-the authors outline a practical, tested program to overcome procrastination. Candid and understanding, *Procrastination* is a must-have today for anyone who puts everything off until tomorrow.

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Editorial Review

About the Author

Jane B. Burka Ph.D is a psychologist with a private practice in Berkeley, California. Along with Lenora M. Yuen, she has conducted workshops and seminars at the University of California at Berkeley and for corporate and public groups nationwide. **Lenora M. Yuen, Ph.D.** , is a practicing psychologist in California. Along with Jane B. Burka, she has conducted workshops and seminars at the University of California at Berkeley and for corporate and public groups nationwide.

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