

THE WORRIER'S GUIDE TO OVERCOMING PROCRASTINATION

Breaking Free From the Anxiety That Holds You Back

PAMELA S. WIEGARTZ, PH.D., & KEVIN L. GYOERKOE, PSY.D.

Praise

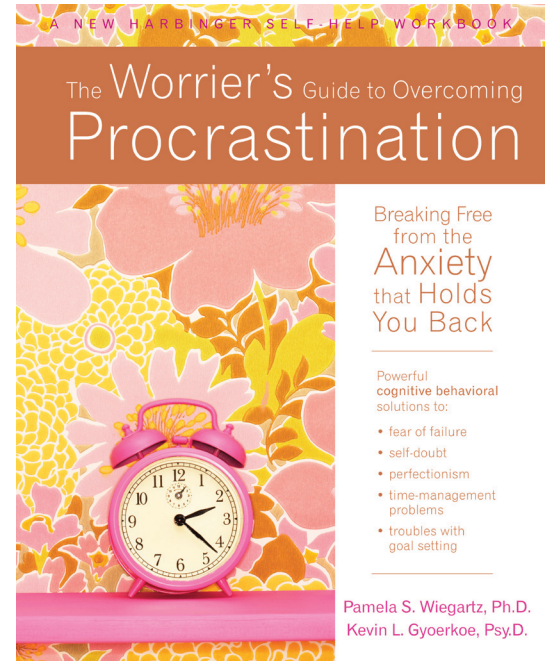
"Wiegartz and Gyoerkoe have written an invaluable guide for overcoming problems with procrastination in the context of worry and anxiety. The book teaches readers to understand why they put off tasks and provides them with effective, step-by-step strategies for dealing with procrastination and overcoming anxiety and perfectionism, which often contribute to procrastination. I highly recommend this book for anyone whose anxiety prevents them from getting things done. Don't put it off—read this book now!"

— Martin M. Antony, Ph.D., ABPP, professor in the department of psychology at Ryerson University and author of *When Perfect Isn't Good Enough* and *The Anti-Anxiety Workbook*

Procrastination is a habit you can change.

Fear of failure has been repeatedly linked to procrastination. Research shows that many factors such as self-doubt, fear of failure and perfectionism can lead to putting things off, struggling with indecision, and difficulty completing tasks. This lack of productivity caused by anxious procrastination can impede life goals, personal relationships and work success.

In *The Worrier's Guide to Overcoming Procrastination*, authors Pamela S. Wiegartz, Ph.D., and Kevin L. Gyoerkoe, Psy.D. explore the links between procrastination and self-doubt, fear of failure and perfectionism, and presents readers with a four-step plan for overcoming the doubts and fears that lead to missed deadlines, overdue bills, unhappy supervisors, poor grades, and feelings of guilt and inadequacy. The book will help readers identify their personal reasons for procrastination, and make a commitment to change. It will help readers to change negative thinking patterns that fuel anxiety and lead to procrastination, and unearth the fears of failure (or success) that lurk beneath avoidance. Readers will learn how to set effective goals that will help boost productivity and enhance time management skills.



FOR AN INTERVIEW REQUEST *or*
MORE INFORMATION CONTACT:

Jessica Dore . 510.652.3280
jessica.dore@newharbinger.com

THE WORRIER'S GUIDE TO OVERCOMING PROCRASTINATION

Breaking Free from the Anxiety that Holds You Back

Pamela S. Wiegartz, Ph.D., and Kevin L. Gyoerkoe, Psy.D.

January 2011 / 978-1-57224-871-7 / \$19.95 / 8 x 10 / 176 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com

THE WORRIER'S GUIDE TO OVERCOMING PROCRASTINATION

Breaking Free From the Anxiety That Holds You Back

PAMELA S. WIEGARTZ, PH.D., & KEVIN L. GYOERKOE, PSY.D.

...And More Praise

"Problems associated with chronic procrastination have been largely overlooked in self-help literature. Drawing upon the latest findings from clinical research, Pamela Wiegartz and Kevin Gyoerkoe provide practical tools to help people make timely decisions and stop putting important aspects of their life on hold."

— C. Alec Pollard, Ph.D., director of the Anxiety Disorders Center at Saint Louis Behavioral Medicine Institute and professor of family and community medicine at Saint Louis University

"In a straightforward and practical manner, Wiegartz and Gyoerkoe have provided a highly useful set of tools for helping readers overcome the widespread problem of procrastination. Not only do they address the basics of goal setting, motivation, and how to use established cognitive and behavioral methods, they also incorporate newer approaches, such as mindfulness, into this easy-to-read book."

— Cheryl Carmin, Ph.D., director of the Stress and Anxiety Disorders Clinic and the Cognitive Behavioral Therapy program at the University of Illinois at Chicago

About the Authors

Pamela S. Wiegartz, Ph.D., is coauthor of *10 Simple Solutions to Worry* and *The Pregnancy and Postpartum Anxiety Workbook*. She is the director of CBT services and training in the department of psychiatry at Brigham and Women's Hospital in Boston and is on the faculty at Harvard Medical School. She is a certified fellow of the Academy of Cognitive Therapy and a member of the scientific advisory board of OCD Chicago. Wiegartz maintains a practice dedicated to treating individuals with anxiety disorders in the greater Boston area.

Kevin L. Gyoerkoe, Psy.D., is coauthor of *10 Simple Solutions to Worry* and *The Pregnancy and Postpartum Anxiety Workbook*. Gyoerkoe is certified by the Academy of Cognitive Therapy and is a member of the Scientific Advisory Board of OCD Chicago. He provides treatment to individuals with anxiety disorders through his practice, The Anxiety and OCD Treatment Center, in Charlotte NC.

FOR AN INTERVIEW REQUEST *or*
MORE INFORMATION CONTACT:

Jessica Dore . 510.652.3280
jessica.dore@newharbinger.com

THE WORRIER'S GUIDE TO OVERCOMING PROCRASTINATION
Breaking Free from the Anxiety that Holds You Back
Pamela S. Wiegartz, Ph.D., and Kevin L. Gyoerkoe, Psy.D.
January 2011 / 978-1-57224-871-7 / \$19.95 / 8 x 10 / 176 pages

