



# Overcoming Procrastination for Teens: A CBT Guide for College-Bound Students

*William J. Knaus*

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**Procrastinating is a bad habit that can hinder your success and follow you well into adulthood. With this book, procrastination expert Bill Knaus offers a step-by-step guide to overcoming procrastination. With simple and fun exercises and skills based in cognitive behavioral therapy (CBT), you'll learn to organize your schedule, manage homework, overcome negative self-talk, and improve your self-esteem.**

Procrastination is a universal topic—it's a problem that plagues millions of high school and college students and concerns teachers and parents. If you're someone who procrastinates, you know your delays can have a negative impact on your life—especially when it comes to grades and preparing for the future. Even worse, if you aren't able to overcome your procrastination habit, it can have a limiting effect on your success as an adult. So, what can you do to strip away the procrastination barriers and successfully meet your challenges?

*Overcoming Procrastination for Teens* is a practical, research-supported workbook to help you understand the habit of procrastination, reduce it, and increase your ability to get things done. Using tips and tools based in CBT, you'll learn how to address unfounded fears, improve self-perception, manage your time and feelings of boredom or indifference, increase critical thinking abilities and organizational skills, and much more.

With this comprehensive self-help training manual, you'll develop the self-mastery you need to lessen procrastination and be ready to meet your challenges, get more done, feel better, and prepare for the future—setting the stage for success in high school, in college, and beyond.



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