

NEW BOOK ADDRESSES CAUSES AND CURES OF PROCRASTINATION

“EFT For Procrastination” Teaches Readers How to

“Stop Putting Up With Putting Off”

Procrastination Nation, a new book by psychotherapist Gloria Arenson, a nationally recognized expert in the field of compulsive disorders, addresses the worldwide problem of procrastination through primary psychology and new scientific understandings. In this innovative book, Arenson shows that procrastination is not just a bad habit, but also a way of avoiding anxiety and longstanding emotional issues.

EFT For Procrastination offers a new and practical approach to this timeless and universal topic that speaks to people of all ages, ethnicities and socio-economic backgrounds. The book includes an arsenal of tools, tips, anecdotes and advice for chronic procrastinators and those who are affected by this compulsive behavior.

In the book, Arenson explains that procrastination could be called a national epidemic because it is so widely accepted in our culture. She offers a proven, six-step program to overcome procrastination, using EFT (Emotional Freedom Techniques), a simple, effective energy method for positive results.

The book relates real-life stories of people who have successfully overcome the inability to get things completed in a timely manner as needed.

EFT For Procrastination answers these questions:

- ◆ How does EFT eliminate this problem?
- ◆ What five false beliefs drive this common self-defeating problem?
- ◆ What does the neurobiology of the brain have to do with procrastination?
- ◆ How do desks, garages, filing cabinets and closets symbolize deeper issues?
- ◆ What does perfectionism have to do with procrastination?
- ◆ How are some people set up to procrastinate at birth?
- ◆ How does a procrastinator get to the root of the problem once and for all?
- ◆ What can family and friends of procrastinators do to help?

CONTACT:

Gloria Arenson (805) 563-1140

brockart@cox.net