

Introduction

People go through their lives continuously taking on different challenges each day. Whether it is in school, at work, or at home, there are many things that always come up and cause too much stress on a person. He might simply have too much to do and not have an opportunity to get enough rest. There are instances when a person handles a task on a tight schedule, feeling that time is never on his side.



In both situations, it can get scary to think about what can happen, and it can be even harder to think about failure. There is no need to feel this way anymore. Sometimes, things happen, and there is no choice but to wait until the last minute.

Whether this is because an assignment is due in the morning or if there is too much to do in one day, learning how to work faster for your own benefit is the best way to go.

Procrastination is a harsh term that gets thrown around and disrespected. The truth is that everyone does it, and everyone wishes that they could figure out how to complete their work faster while still providing the highest quality. This book will guide you through all the positive and negative results that come from procrastination. It will also show you better ways on how to complete an assignment after postponing it for so long.

Either way, you should be able to find success by reading this book. Read through the chapters and take down some notes. After you read through the final chapter, you will have a full understanding of what procrastination does to a person, why it happens, how it can benefit you in the long run, and how to help yourself to work quickly and efficiently.

Chapter 1: The Science Behind Procrastination

People will always say how bad procrastination is before ever truly realizing why it happens. It is a natural approach which people rely on at the last minute. It is about how they will continually agree to take on another assignment before finishing the previous one. This is not about responsibility and whether the person can complete tasks or not. It is about wanting to take on a challenge and finish more assignments than the person next to them.



This is a common scenario especially in the workplace where employees will compete to keep their jobs. Sometimes, the only way to do this is to take on more assignments and finish them faster. Whether they were turned in at the last minute or not, they take on

more assignments just to impress their managers. People question