

CEP Magazine - April 2019 Beating procrastination with personal integrity

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A Spanish proverb reads, "Tomorrow is often the busiest day of the week." Many people suffer from procrastination. Perhaps you don't plan far enough in advance to complete your tasks? Perhaps you enjoy the rush of adrenaline that keeps you up all night finishing your work? If you're a procrastinator, take heart—there are techniques to fix this problem.

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