



Beyond Procrastination: How to Stop Postponing Your Life

Renate Reimann Ph.D.

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For almost a decade, life coach Dr. Renate Reimann has moved people from stuck to done! In this, her latest book, she shares her proprietary Beyond Procrastination™ program – an easy and effective path to greater productivity, increased confidence and a more balanced life. This simple three-step method is extremely flexible and can be tailored to anybody’s procrastination issue. First, one identifies reasons for getting stuck. Next, readers learn techniques that address their hot spots. The last step is dedicated to implementing positive new behaviors for the long-term. The program’s success lies in its focus on unresolved internal or external conflicts that cause procrastination rather than on personality deficits. Instead of wasting energy on self-blame, the reader’s resources are directed toward solving very specific procrastination challenges. While Dr. Reimann covers traditional procrastination topics such as time management, organization and fear in-depth, she also deals with socio-cultural triggers for delays such as the Internet and global competition. For those with short attention spans, the book is peppered with “Beyond Procrastination™ Tricks” – nuggets of wisdom anybody can use right away.

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