

## **THE ART OF PROCRASTINATION BOOK**



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### **Procrastination Wikipedia**

Procrastination is the avoidance of doing a task that needs to be accomplished. It could be further stated as a habitual or intentional delay of starting or finishing a task despite its negative consequences. It is a common human experience involving delay in everyday chores or even putting off salient tasks such as attending an appointment, submitting a job report or academic assignment, or  
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