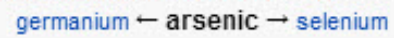


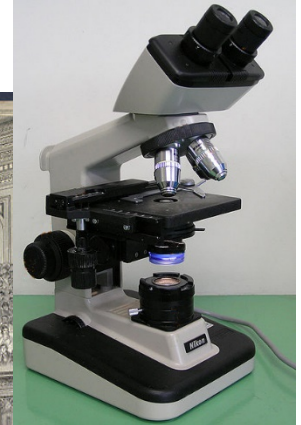
Tackling procrastination:  
It's easier, and more valuable,  
than you think

Barbara Oakley, PhD

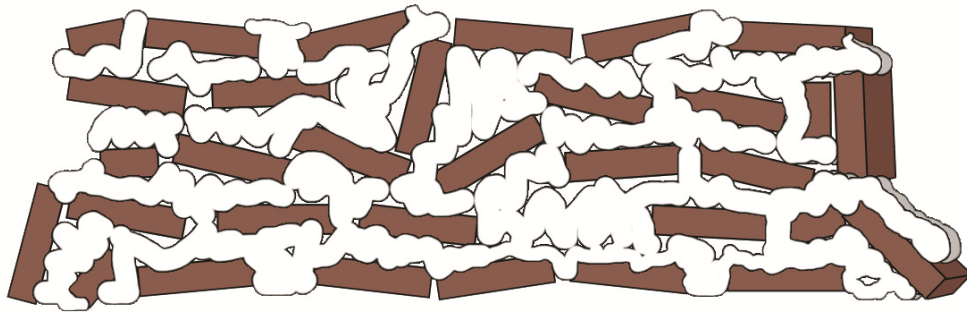
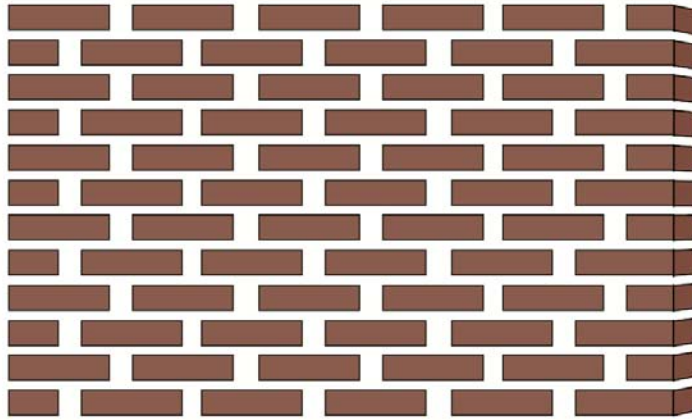
${}_{33}\text{As}$ 

Arsenic in the [periodic table](#)

metallic grey









③

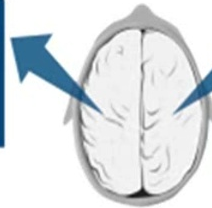
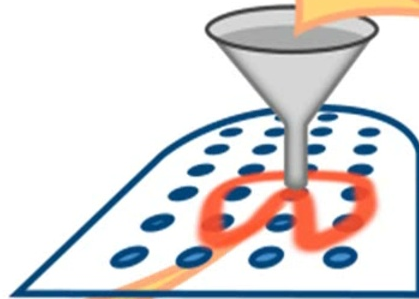
Feel happy  
(temporarily)



Zombie Tube

②

You funnel attention  
onto a more pleasant task

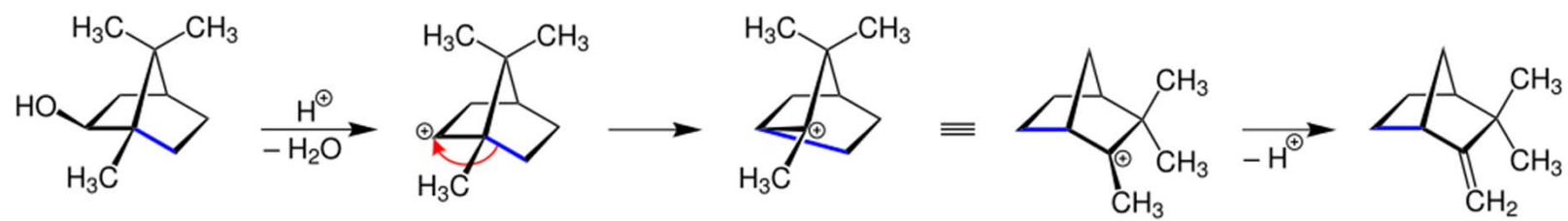


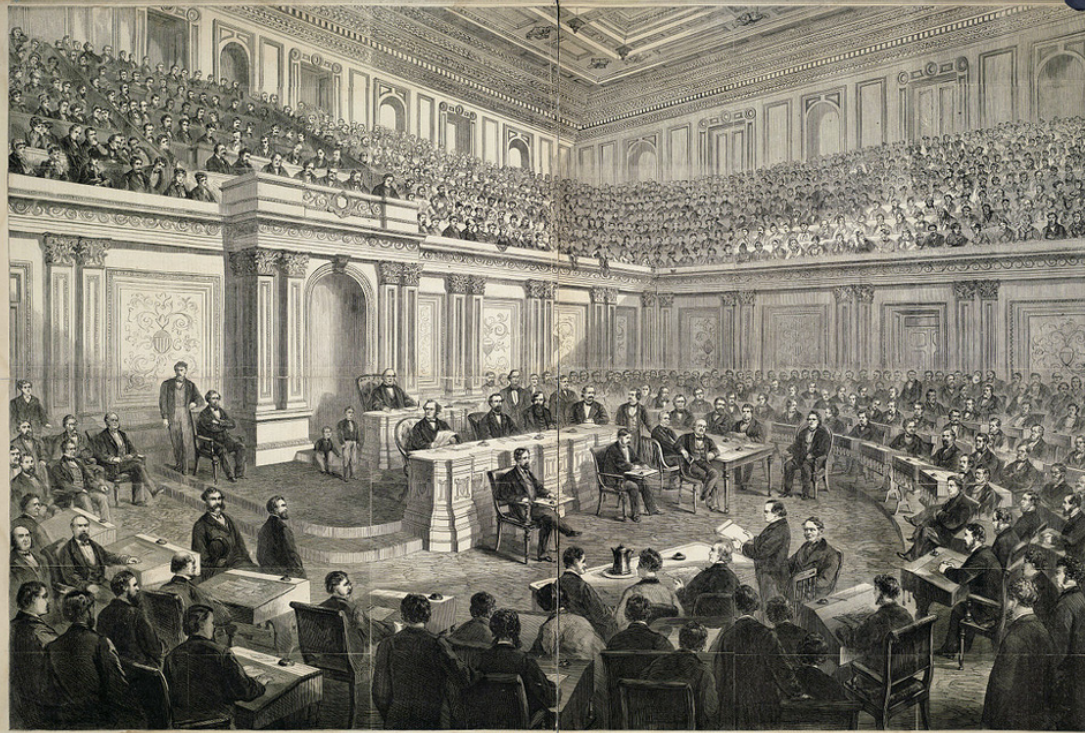
①

Unhappy  
feeling









IN SESSION IN THE U. S. SENATE CHAMBER, AT WASHINGTON, D. C., FOR THE TRIAL OF ANDREW JOHNSON, PRESIDENT OF THE UNITED STATES—REMARKS BY JAMES H. HUNTER, FOR THE PRESIDENT, READING THE CHARGE TO THE SENATE OF IMPEACHMENT IN JUNE, 1868. (Scene at House of Representatives.)



### Image Credits

- Arsenic images from <http://en.wikipedia.org/wiki/Arsenic>
- The US Senate Chamber in 1868, Courtesy the Cornell University Library via the Commons on Flickr, via <http://susanbarsy.com/tag/us-presidency/>. (Okay, it's not the 48<sup>th</sup> meeting of the German Association of Arts and Sciences in 1875, but it gives a bit of a sense of the era...)
- Pomodoro timer, Pomodoro timer, Autore: Francesco Cirillo rilasciata a Erato nelle sottostanti
- licenze seguir  OTRS, [http://en.wikipedia.org/wiki/File:Il\\_pomodoro.jpg](http://en.wikipedia.org/wiki/File:Il_pomodoro.jpg)
- Brick wall  Kevin Mendez, 2014.
- Procrastination funneling  Kevin Mendez, 2014.
- [http://commons.wikimedia.org/wiki/File:Optical\\_microscope\\_nikon\\_alphaphot\\_+.jpg](http://commons.wikimedia.org/wiki/File:Optical_microscope_nikon_alphaphot_+.jpg), author, GcG(jawp).
- Wagner-Meerwein rearrangement, [http://en.wikipedia.org/wiki/Wagner-Meerwein\\_rearrangement](http://en.wikipedia.org/wiki/Wagner-Meerwein_rearrangement), A Wagner–Meerwein rearrangement is a class of carbocation 1,2-rearrangement reactions in which a hydrogen, alkyl or aryl group migrates from one carbon to a neighboring carbon
- Clip art courtesy Microsoft Corporation

### Relevant Readings

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