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The Procrastinator's Guide To Getting It Together

By Kevin Aeh, Illustrated by Gabriela Alford

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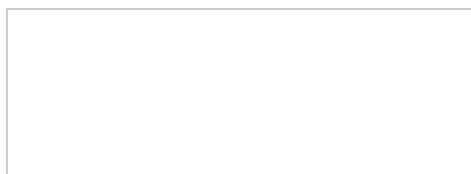


The Busy Bee

According to relationship expert and author April Masini, this type of procrastinator is always busy, so you'd think they're the most productive person ever. Wrong! "They're just doing the easy stuff so they don't have to deal with whatever it is they're procrastinating on," she says. Little things are getting done, but the hard work and bigger tasks still remain.

The Remedy:

Tackle the harder stuff (hello, taxes!) in shifts. Dr. Ramani Durvasula, a licensed clinical psychologist and author, says that it's a good idea to break the most aversive tasks down. "Do them 15 minutes at a time, then take a break," she says. "Odds are that once you start, icky as they are, you'll finish them and go past the 15 minutes."



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- Neiman Marcus
- Bloomingdale's
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- Solstice
- None of these

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