

**HOW TO BEAT PROCRASTINATION IN THE DIGITAL
AGE**

Carol Kathan

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Procrastination-digital PROCRASTINATING in the Digital Age. PEOPLE HAVE STRUGGLED WITH procrastination since the beginning of time.

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You deserve better; you can do better. Millions of young people in the so-called Millennial generation will in become the dominant force in the western economy, society and political systems and increasingly over the years that follow, just as the Baby Boomers are retiring. In advance, I apologize for my voice- I must have been sick at the time I recorded the original podcast.

Because though you may have spectacular ideas, your ideas will never come to fruition. Diversions. Journal of Personality and Social Psychology. Aaron marked it as to-read Jun 06, Includes: PODLess. Empower Yourself.