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KEY=DE - ROBERTSON BROOKLYNN

Procrastination, Health, and Well-Being

Academic Press Research on procrastination has grown exponentially in recent years. Studies have revealed that procrastination is an issue of self-regulation failure, and specifically misregulation of emotional states—not simply a time management problem as often presumed. This maladaptive coping strategy is a risk factor not only for poor mental health, but also poor physical health and other aspects of well-being. Procrastination, Health, and Well-Being brings together new and established researchers and theorists who make important connections between procrastination and health. The first section of the book provides an overview of current conceptualizations and philosophical issues in understanding how procrastination relates to health and well-being including a critical discussion of the assumptions and rationalizations that are inherent to procrastination. The next section of the book focuses on current theory and research highlighting the issues and implications of procrastination for physical health and health behaviors, while the third section presents current perspectives on the interrelationships between procrastination and psychological well-being. The volume concludes with an overview of potential areas for future research in the growing field of procrastination, health, and well-being. Reviews interdisciplinary research on procrastination Conceptualizes procrastination as an issue of self-regulation and maladaptive coping, not time management Identifies the public and private health implications of procrastination Explores the guilt and shame that often accompany procrastination Discusses temporal views of the stress and chronic health conditions associated with procrastination

The Thief of Time

Philosophical Essays on Procrastination

Oxford University Press When we fail to achieve our goals, procrastination is often the culprit. But how exactly is procrastination to be understood? It has been described as imprudent, irrational, inconsistent, and even immoral, but there has been no sustained philosophical debate concerning the topic. This edited volume starts in on the task of integrating the problem of procrastination into philosophical inquiry. The focus is on exploring procrastination in relation to agency, rationality, and ethics-topics that philosophy is well-suited to address. Theoretically and empirically informed analyses are developed and applied with the aim of shedding light on a vexing practical problem that generates a great deal of frustration, regret, and harm. Some of the key questions that are addressed include the following: How can we analyze procrastination in a way that does justice to both its voluntary and its self-defeating dimensions? What kind of practical failing is procrastination? Is it a form of weakness of will? Is it the product of fragmented agency? Is it a vice? Given the nature of procrastination, what are the most promising coping strategies?