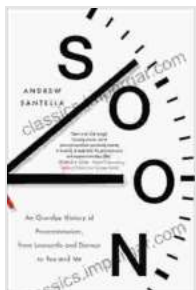


# An Overdue History of Procrastination: From Leonardo and Darwin to You and Me

Procrastination, the act of delaying or postponing a task, is a common human experience. We all have times when we put off ng something we know we should be ng. But why do we procrastinate? And what can we do to overcome it?

In his book, "An Overdue History of Procrastination," John Perry explores the history of procrastination, from its roots in ancient Greece and Rome to its modern-day manifestations. Perry argues that procrastination is not simply a bad habit, but rather a complex psychological phenomenon that has been shaped by our evolutionary history.

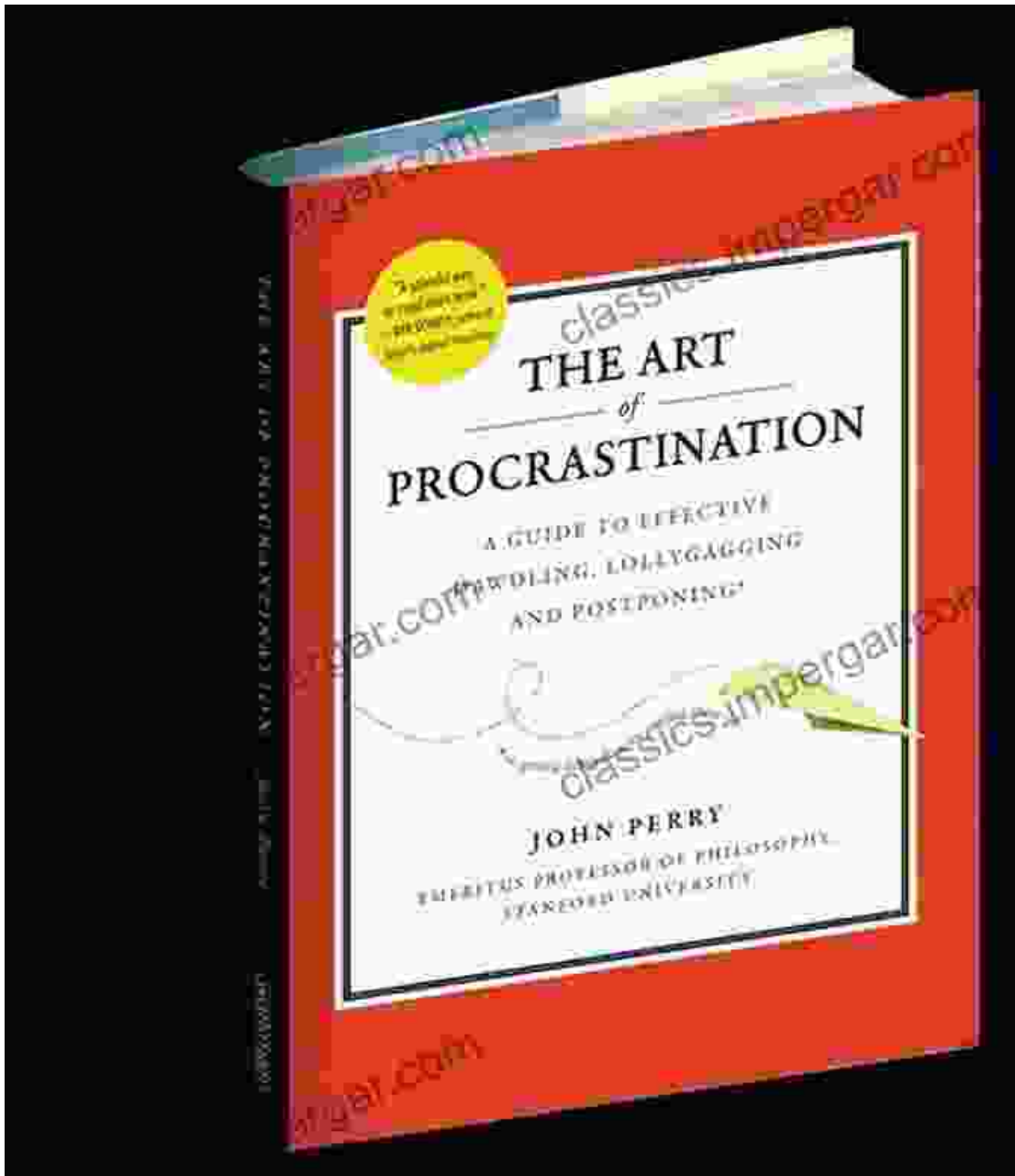


## Soon: An Overdue History of Procrastination, from Leonardo and Darwin to You and Me by Andrew Santella

★★★★☆ 4.6 out of 5

Language : English  
File size : 709 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 213 pages





## The Evolutionary Roots of Procrastination

According to Perry, procrastination evolved as a way to help us cope with the challenges of our environment. In the prehistoric world, we faced many dangers, such as predators, starvation, and disease. In order to survive, we had to be able to prioritize our tasks and focus on the most important ones first.

Procrastination allowed us to put off tasks that were not immediately life-threatening. This gave us time to gather more information, develop better strategies, and avoid making mistakes. In other words, procrastination was a way to help us stay safe and alive.

## **Procrastination in the Modern World**

While procrastination may have been helpful in the prehistoric world, it can be a major problem in the modern world. Today, we are not faced with the same life-threatening dangers as our ancestors. However, we do face a different set of challenges, such as deadlines, work overload, and information overload.

In the modern world, procrastination can lead to a number of negative consequences, such as:

\* Stress and anxiety \* Missed deadlines \* Lost productivity \* Damaged relationships \* Financial problems

## **How to Overcome Procrastination**

If you are struggling with procrastination, there are a number of things you can do to overcome it. Here are a few tips:

\* **Identify your triggers.** What are the situations or tasks that make you most likely to procrastinate? Once you know your triggers, you can start to avoid them or develop strategies to cope with them. \* **Set realistic goals.** If you set goals that are too ambitious, you are likely to feel overwhelmed and give up. Instead, break down your goals into smaller, more manageable tasks. \* **Create a schedule.** Once you have set your goals, create a schedule for yourself. This will help you stay on track and avoid

procrastination. \* **Find a support system.** Talk to friends, family, or a therapist about your procrastination problems. They can offer support and encouragement when you need it most. \* **Be patient.** Overcoming procrastination takes time and effort. Don't get discouraged if you slip up occasionally. Just pick yourself up and keep trying.

Procrastination is a common human experience, but it can be a major problem. By understanding the evolutionary roots of procrastination and following the tips above, you can overcome this challenge and achieve your goals.

So if you're tired of procrastinating, pick up a copy of John Perry's book, "An Overdue History of Procrastination." It's a fascinating and informative read that will help you understand this complex phenomenon and develop strategies to overcome it.

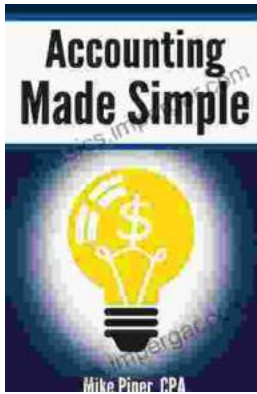


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