

Never Be Late Again: 7 Cures for the Punctually Challenged

By Diana DeLonzor

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Do you feel as though you are always running behind? You've tried setting your clocks ahead and getting up earlier, yet your days are still filled with last minute dashes to the finish line. Based on psychological studies and extensive research, "Never Be Late Again" reveals that chronic lateness is a surprisingly difficult habit to overcome, and its causes run deeper than just poor time management. In this entertaining and practical book, you'll discover:

- The root causes of lateness and procrastination
- How anxiety, time perception, and adrenaline affect time management
- The most common mistakes late people make
- Tips for overcoming the psychological obstacles that hold you back
- 7 unique and simple secrets to managing your time more effectively.

"Never Be Late Again" is sure to cure even the most dedicated late person. A bonus chapter for earlybirds offers effective tips for dealing with chronically late friends, family members, and employees - a must read for the timely.

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Editorial Review

Review

"...Solidly researched, insightful, and humorous. This intelligently written book will most certainly improve the lives of the punctually challenged." -- *John Gray, author, Men Are from Mars, Women Are from Venus*

"A wonderfully practical book...It's the most effective book on time management you'll ever read." -- *David Lieberman, Ph.D., NY Times bestselling author, Never Be Late Again and Make Peace With Anyone*

"An excellent balance of the scholarly and the practical...an interesting and engaging book." -- *Steve Slane, Professor of Psychology, Cleveland State University*

"Diana DeLonzor is doing a favor for the entire world with her very readable Never Be Late Again." -- *Jay Conrad Levinson, author, Guerrilla Marketing*

"Trying to kick the lateness habit? Or beset with procrastination? Then this is the book for you...straightforward and entertaining." -- *Adair Lara, San Francisco Chronicle*

A wonderfully practical book that combines instructive techniques with sound, simple exercises. -- *David Lieberman, Ph.D., NY Times bestselling author, "Instant Analysis" and "Make Peace With Anyone"*

Combines solid research with insightful solutions. This humorous, intelligently written book will certainly improve the lives of the Punctually Challenged. -- *John Gray, Author, "Men are From Mars, Women are From Venus"*

Refreshingly straightforward and entertaining, "Never Be Late Again" pieces together the whys, hows, and steps to improve." -- *Adair Lara, San Francisco Chronicle*

About the Author

Diana DeLonzor is a nationally recognized time management expert who headed a major university study investigating chronic lateness, its causes, and the psychological characteristics of late people versus the timely. Her seminars focus on the subjects of procrastination, time management, and lateness, and her clients include Fortune 500 companies and government agencies such as Tyco, the State of California, and Briggs Corp. She has been featured in media such as Good Housekeeping Magazine, The Chicago Tribune, and the San Francisco Chronicle.

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