

# How To Beat Procrastination In The Digital Age By Linda Sapadin

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Linda Sapadin, Ph.D. is a psychologist in private practice. "How to Beat Procrastination in the Digital Age." If you are a perfectionist, dreamer,

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The latest Tweets from Dr. Linda Sapadin (@DrSapadin). Psychologist, Success Coach, Author of How to Beat Procrastination in the Digital Age,

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### **Linda sapadin (author of it's about time!)**

Linda Sapadin, Ph.D. is a psychologist, author and success coach. "How to Beat Procrastination in the Digital Age" describes 6 personality styles

### **Linda sapadin, ph.d. | linkedin**

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