

Miss You When Blink Essays - Exploring the Art of Procrastination

Have you ever found yourself entranced by the mesmerizing art of procrastination? This charming phenomenon has intrigued and captivated individuals throughout history. Whether you're a master of postponing tasks or a victim of chronic procrastination, the Miss You When Blink Essays are here to shed light on this enigmatic practice.

The Essence of Procrastination

Procrastination, often seen as a negative trait, has become an integral part of our lives. It's that moment when you intend to start an important task, yet find yourself browsing social media or watching cute animal videos instead. The Miss You When Blink Essays dive deep into this fascinating behavior, exploring its underlying reasons and consequences.

Unraveling the Mystery

Curious about the origin and psychology behind procrastination? You're not alone. Many scholars and researchers have dedicated their lives to unraveling the mystery behind this human inclination. The Miss You When Blink Essays offer a unique perspective, combining scientific research with personal experiences to provide a comprehensive analysis of the art of procrastination.

I Miss You When I Blink: Essays

by Mary Laura Philpott (Kindle Edition)

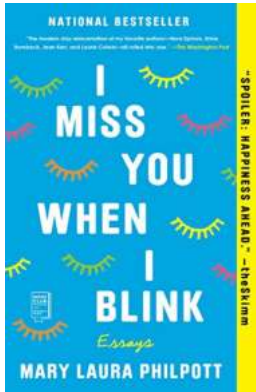
★★★★☆ 4.3 out of 5

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Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 259 pages



Exploring the Essays

The Miss You When Blink Essays comprise a collection of thought-provoking and introspective pieces that will take you on a journey through the realm of procrastination. Each essay explores a different aspect of this intricate phenomenon, examining its impact on productivity, mentally and emotionally, and offering practical tips to cope with its grip.

1. The Procrastinator's Paradox

In this essay, delve into the paradoxical nature of procrastination. Discover how it offers a temporary relief followed by immense guilt and stress, and learn about the complex relationship between procrastination and creativity.

2. Conquering the Procrastination Beast

Feeling overwhelmed by procrastination's grip on your life? This essay provides effective strategies to break free from its clutches. Through personal anecdotes and expert advice, you'll gain valuable insights on how to boost your motivation, improve time management, and develop a productive mindset.

3. Embracing Procrastination as an Art Form

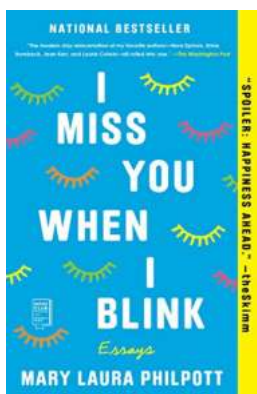
Embrace the unconventional perspective that procrastination can be an art. This essay explores how some of history's greatest minds utilized procrastination as a way to enhance their creative process. Discover how to harness the power of procrastination to unlock your inner genius.

4. The Procrastinator's Toolkit

Equip yourself with a repertoire of tools and techniques to tame your procrastination tendencies. From Pomodoro technique to creating realistic goals, this essay provides practical advice to bolster your productivity and overcome the allure of procrastination.

The Miss You When Blink Essays present a refreshing perspective on procrastination, shedding light on its different facets and offering practical solutions. Whether you find yourself captivated by procrastination's allure or seeking ways to conquer its grip, these essays will provide valuable insights to help you navigate this intricate art form.

So, if you're ready to embark on a mesmerizing journey into the heart of procrastination, grab a cup of coffee, find a cozy spot, and let the Miss You When Blink Essays transport you to a world where procrastination becomes a subject of fascination rather than frustration.



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NATIONAL BESTSELLER

A charmingly relatable and wise memoir-in-essays by acclaimed writer and bookseller Mary Laura Philpott, “the modern day reincarnation of...Nora Ephron, Erma Bombeck, Jean Kerr, and Laurie Colwin—all rolled into one”(The Washington Post), about what happened after she checked off all the boxes on a successful life’s to-do list and realized she might need to reinvent the list—and herself.

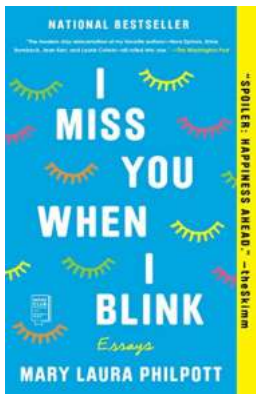
Mary Laura Philpott thought she’d cracked the code: Always be right, and you’ll always be happy.

But once she’d completed her life’s to-do list (job, spouse, house, babies—check!), she found that instead of feeling content and successful, she felt anxious. Lost. Stuck in a daily grind of overflowing calendars, grueling small talk, and sprawling traffic. She’d done everything “right” but still felt all wrong. What’s the worse failure, she wondered: smiling and staying the course, or blowing it all up and running away? And are those the only options?

Taking on the conflicting pressures of modern adulthood, Philpott provides a “frank and funny look at what happens when, in the midst of a tidy life, there occur impossible-to-ignore tugs toward creativity, meaning, and the possibility of something more” (Southern Living). She offers up her own stories to show that identity crises don’t happen just once or only at midlife and reassures us that small, recurring personal re-inventions are both normal and necessary. Most of

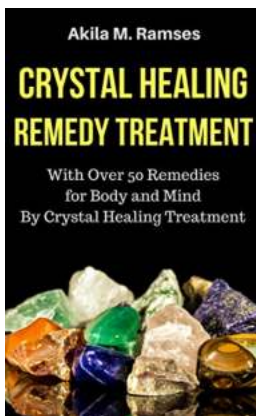
all, in this “warm embrace of a life lived imperfectly” (Esquire), Philpott shows that when you stop feeling satisfied with your life, you don’t have to burn it all down. You can call upon your many selves to figure out who you are, who you’re not, and where you belong. Who among us isn’t trying to do that?

“Be forewarned that you’ll laugh out loud and cry, probably in the same essay. Philpott has a wonderful way of finding humor, even in darker moments. This is a book you’ll want to buy for yourself and every other woman you know” (Real Simple).



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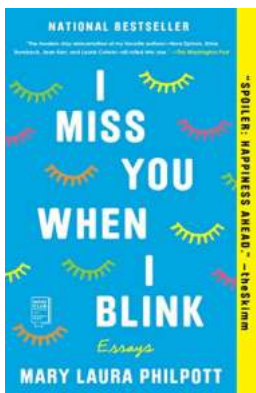
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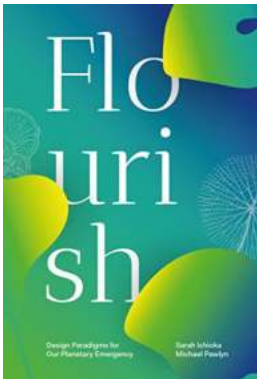
MIND,
CONSCIOUSNESS,
and WELL-BEING



EDITED BY
Daniel J. Siegel and Marion F. Solomon

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i miss you when i'm gone

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i miss you when you were a baby

when i miss you again