

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT

VOICEAMERICA



**The Dr. Pat Show**  
Talk Radio to Thrive By!™  
Award Winning Host **Dr. Pat Baccili**  
Bringing together some of the planet's most preeminent and visionary change makers and leaders in the field of human potential  
*The Vibe of Thrive!*™  
[www.TheDrPatShow.com](http://www.TheDrPatShow.com)

### The Dr. Pat Show – Talk Radio to Thrive By! Archives Available

**September 27th 2012: Working Through Procrastination and Achieving Your Goals with Jay Earley, PhD**

Do you find yourself avoiding important tasks? Is it hard for you to make decisions and take action to move your life ahead? When you are faced with a project you have decided to work on, do you get distracted or busy with other tasks? Is it difficult for you to discipline yourself to exercise, meditate, eat well, or something similar? This show will help you to understand what is behind your procrastination, and more importantly, it can help you work it through so you can accomplish things. You will be able to move toward projects and do them. You'll be able to complete important projects, ma

[Read more](#)



### Tune in

Archives Available on VoiceAmerica Empowerment Channel

EPISODE ON DEMAND

VIEW HOST PAGE

### Featured Guest



#### Jay Earley, PhD

Jay Earley, PhD, is a psychologist, author, and teacher. He teaches self-help telephone courses on procrastination, self-therapy, and other topics. He is the creator of the Pattern System, a detailed and comprehensive map of the human psyche oriented toward personal growth. He is the author of Self-Therapy, Taking Action, Self-Therapy for Your Inner Critic, Resolving Inner Conflict, A Pleaser No Longer, and many other self-help and professional psychology books.

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps



**PressPass**  
ALL ACCESS. ALL THE TIME.  
Come See what the VoiceAmerica hosts are writing on PRESSPASS