

Proposal:
Author Talk on the Psychology of Procrastination at Twist

What:

David Frost proposes to give a 90-minute talk based on the book he wrote titled, *Don't Wait Till You're Dead! The Psychology of Procrastination*. Q&A after or during. (See below for more details.)

Where:

Twist Wine Company
34930 Brooten Road
Pacific City, OR 97135

When:

After 6:30 pm any weekday (except Wednesdays) in July or August. Or Saturday in the afternoon.

Why:

Based on the extensive research conducted while writing the book, Frost has interesting and useful information to convey about increasing productivity and preventing procrastination. The scientific theory behind his advice has proved to be a crowd pleaser: Frost gave a version of this talk to the Oregon Coast Learning Institute in Lincoln City in February. He has been invited by the South Tillamook County Library Club to give a version of that talk at the library, but it had to be rescheduled.

The Psychology of Procrastination

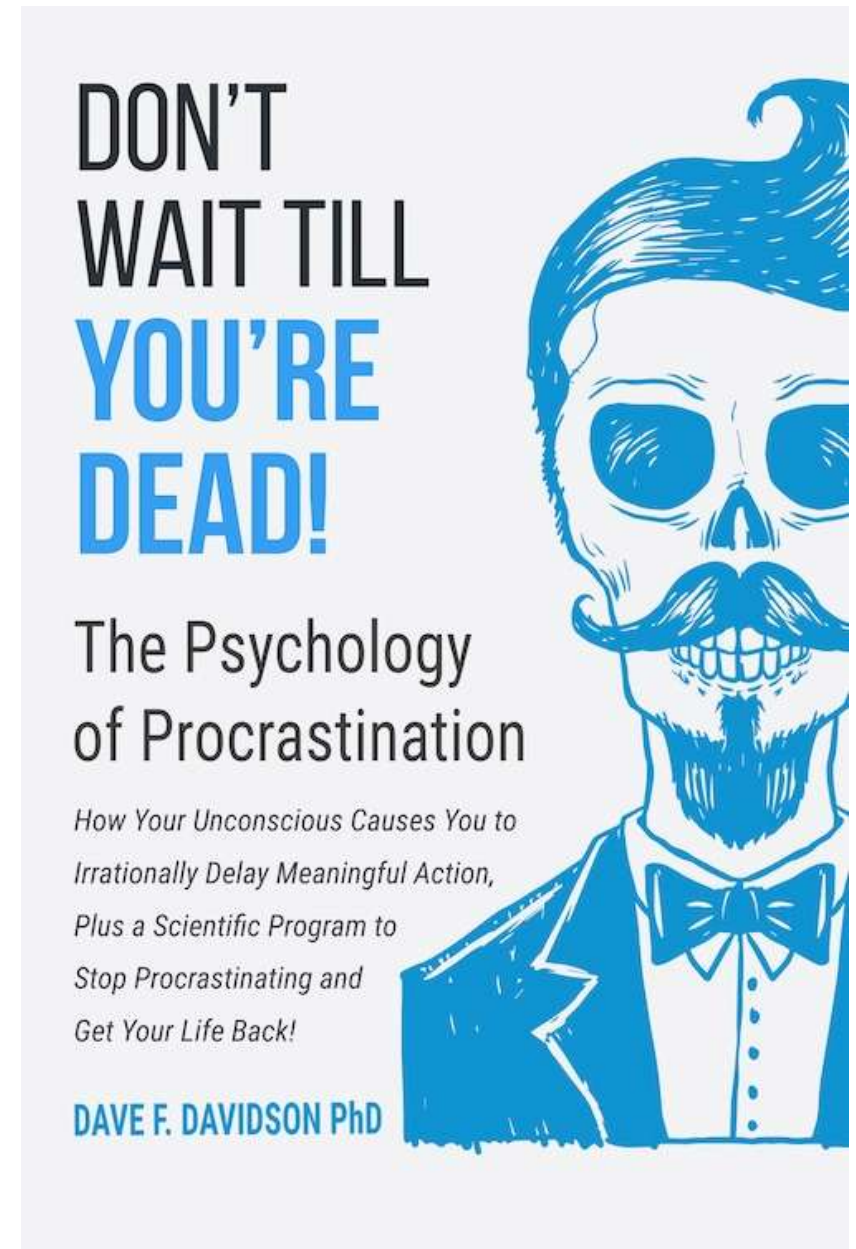
by David J. Frost, PhD

Learn what causes procrastination and how to overcome it with strategies that are backed by science.

According to the recent “dual-process theory” of human motivation, strategies fostering automaticity—by focusing on habit and ritual rather than on willpower—will be the most effective at preventing procrastination and increasing productivity.

Twist Wine Company
34930 Brooten Road
Pacific City, OR 97135

Frost published the book under a pen name: Dr. Dave F. Davidson.



The Psychology of Procrastination

A presentation by David J. Frost, Ph.D.

[LONGER VERSION for promotion by email or social platforms.]

Learn what causes procrastination and how to overcome it with strategies that are backed by science.

When you procrastinate, you act against your better judgment. You do something other than what you judged would be best to do. Current scientific theory suggests your conscious will makes the judgment about what's best to do, but some other part of you is in charge of what you actually do.

To prevent procrastination, recent science suggests that strategies fostering automaticity—by focusing on habit and ritual rather than on willpower—will be the most effective and will also increase productivity generally. According to the “dual-process theory” of human psychology, the self is like an elephant with a monkey on its back. The elephant (nonconscious processes or “System One”) goes where it wants and the monkey (“System Two” consciousness) says, “I meant to do that.” Tricking the elephant into going where you want will work better than the monkey fruitlessly pulling on the reins.

For more information, see the book on the psychology of procrastination that Dr. Frost self-published under a penname.

<https://dontwaitbook.com/>

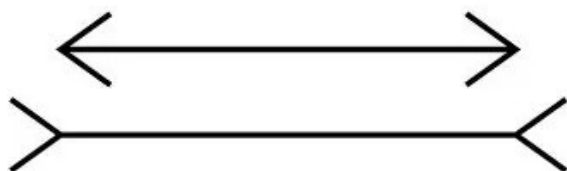
Don't Wait Till You're Dead! The Psychology of Procrastination @ Amazon

<https://www.amazon.com/dp/0998887056>

Presenter Bio and Credentials

David J. Frost writes about what we know but do not believe in his Substack newsletter, *Armchair Vertigo*, at <http://davidjfrost.substack.com>.

We *know* there's a climate crisis, but we act as if we don't *believe* there is. One knows one will die, but one does not believe it moment to moment, unless one's moments are characterized by preternatural terror. In this optical illusion, we know the parallel lines are the same length, but we have a hard time believing they are.



Finally, some of us know we don't have free will, but we have a hard time believing we don't. Frost has an essay forthcoming in *The Missouri Review*, due out July 15th on this latter topic, more specifically on Stanford biology professor Robert Sapolsky who denies free will but admits to falling back into our natural credence “anytime someone says, ‘You look nice today,’ and I say, ‘Thanks!’ as if I had anything to do with it.”

With a B.A. in English Literature from Columbia University, an M.A. in Philosophy from University of California—Irvine and a Ph.D. in Philosophy from the University of North Carolina—Chapel Hill, Frost has published book reviews and essays in *SLAB literary magazine*, *Ruminate*, *The Smart Set*, *Philosophy Now*, and *As It Ought To Be* magazine. He wrote the first chapter in *Girls and Philosophy*, an anthology about Lena Dunham's HBO show, *Girls*.

He wrote—under a pen name—a self-help book that applies dual-process psychology to procrastination. As such, he has been engaged as a speaker on productivity, the best science-backed strategies to fight procrastination, and how to set up one's writer's nook for a sustainable writing practice—recently speaking at the Oregon Coast Learning Institute.

Dr. Frost teaches online for Alamance College in North Carolina, while living on the Oregon coast, with his dogs Fritz and Lou Salomé, 3000 miles from Brooklyn. He is also the Library Assistant 2 Monday through Friday at the Pacific City Library. Find more links here: <https://linktr.ee/davidfrost>.

This design can be edited for a talk at Twist.

The Psychology of **PROCRASTINATION**

by David J. Frost, PhD

STOP COUNTING ON WILLPOWER.

Learn what causes procrastination and how to overcome it with strategies that are backed by science.

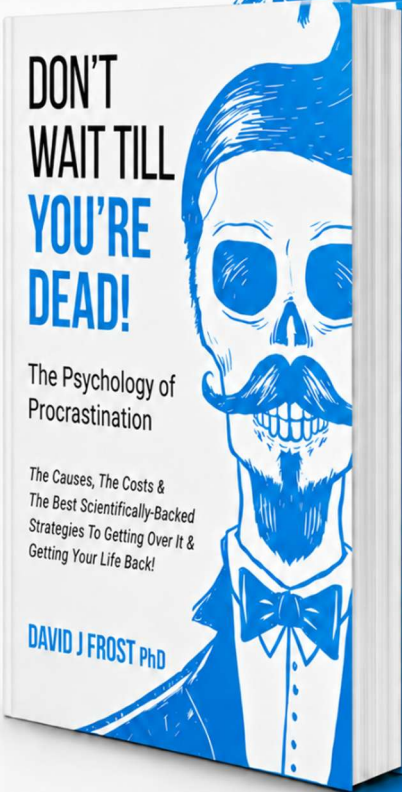
When you procrastinate, you act against your better judgment. Current scientific theory suggests that your conscious will makes the judgment about what's best to do, but some other part of you is in charge of what you actually do. To prevent procrastination, recent science suggests that strategies fostering automaticity—by focusing on habit and ritual rather than on willpower—will be the most effective and will also increase productivity generally.

“ Focus on habit and ritual rather than on willpower. ”

June 30th

6:30 pm

Pacific City Library
6200 Camp Street, Pacific City



David is the librarian at the Pacific City branch library.