

OVERCOME PROCRASTINATION GOD'S WAY!

A Spiritual & Practical Guide to Help You
Dig Out From The Past, Manage The Present,
& Enter Into The Future

WHY PUT OFF FOR TOMORROW
WHAT GOD CAN DO TODAY?

Includes
Joshua's 777 Plan™
to Gain Order

CLARENCE J. PARKS
FOREWORD BY WILLIE JOLLEY

MEDIA KIT
OVERCOME PROCRASTINATION GOD'S WAY

OVERCOME PROCRASTINATION GOD'S WAY!

A Spiritual & Practical Guide To Help You Dig Out From The Past, Manage The Present & Enter Into the Future By Clarence J. Parks, JD, MDiv

**Media Professionals: Please visit www.clarenceparks.com/media
Or Contact: Clarence J. Parks at (240) 326-3777**

Dear Media Professional,

Procrastination is a real problem in America and in the Body of Christ. A recent study revealed that 95% of the American population suffer from procrastination while 26% suffer chronically.

To add insult to injury, these are difficult times filled with loss, disappointments, uncertainty, unemployment and under-employment. As a result, a lot of people are stuck and do not know what to do.

I have personally suffered from procrastination but got sick and tired of being sick and tired and took action by researching the Scriptures for solutions that work. What came out of it was my book, ***“Overcome Procrastination God’s Way! A Spiritual and Practical Guide To Help You Dig Out From the Past, Manage The Present, and Enter Into The Future.”***

With God’s help, I have overcome procrastination and have turned my pain into my purpose. Now, my passion is to help others to do the same.

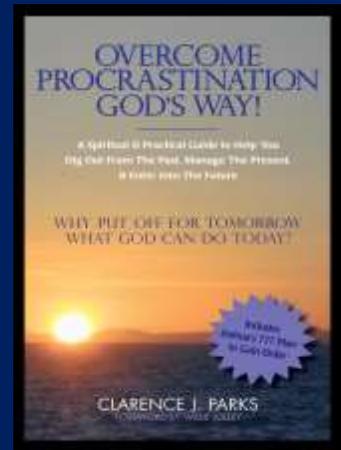
Therefore, I hope you’ll take a few moments to read through the background materials enclosed in this media kit, then join me in bringing these important Bible-based strategies to help people overcome procrastination to the Christian community and the community at large.

Sincerely,

Clarence J. Parks

Clarence J. Parks

Author of *Overcome Procrastination God’s Way! A Spiritual and Practical Guide to Help You Dig Out From the Past, Manage The Present and Enter Into the Future.*



OVERCOME PROCRASTINATION GOD'S WAY!

A Spiritual & Practical Guide To Help You Dig Out From The Past, Manage The Present & Enter Into the Future By Clarence J. Parks, JD, MDiv

**Media Professionals: Please visit www.clarenceparks.com/media
Or Contact: Clarence J. Parks at (240) 326-3777**

Meet Clarence J. Parks...



Clarence J. Parks, the author of *Overcome Procrastination God's Way*, which is a Spiritual and Practical Guide that helps people to dig out from the past, manage the present, and enter into a more productive future using Biblical principles.

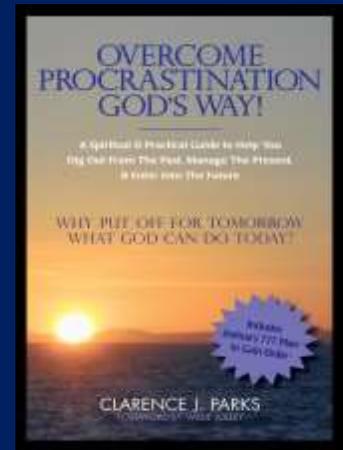
He is a leading expert in the Christian Productivity and Training field and is highly sought after by churches, companies and individuals to help people to overcome fear, worry and shame as well as gain, regain and maintain order in every area of life.

Clarence's background includes a BA from Morehouse College; a Juris Doctorate from The Catholic University of America; and a Master of Divinity degree from Yale University. Also, he is the Pastor of Peace and Power Ministries in Washington D.C.

Clarence has appeared on Christian television talk shows to include: *Atlanta Live on WATC TV57* in Atlanta, GA and *Nite Line on WGGS16 TV* in Greenville, SC. He's addressed numerous audiences'-sharing Bible-based strategies that help people to get unstuck so that they can live peacefully in the present instead of living painfully in the past.



Visit www.clarenceparks.com/media for video clips



OVERCOME PROCRASTINATION GOD'S WAY!

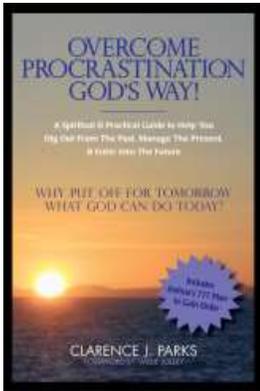
A Spiritual & Practical Guide To Help You Dig Out From The Past, Manage The Present & Enter Into the Future
By Clarence J. Parks, JD, MDiv

Media Professionals: Please visit www.clarenceparks.com/media
Or Contact: Clarence J. Parks at (240) 326-3777

PRESS RELEASE

FOR IMMEDIATE RELEASE

Many books have been written about overcoming procrastination. However, there is only one book that deals with overcoming procrastination from a Spiritual/Biblical perspective.



(Mitchellville, MD) – Overcome Procrastination God's Way! Explores some of the possible reasons why 95% of us procrastinate in our lives. It goes deep into what looms and roars underneath in our souls and causes us to pause in moving forward in our lives.

The book is based on a little known strategy provided in Joshua 18:1-9 that helps people get unstuck and moving towards what God has arranged and ordained in life. It's where seven of the twelve tribes of Israel arrived in the Promised Land yet they procrastinated in taking possession what was rightfully theirs. Joshua wanted to know what was taking them so long and gave them some Spiritual and practical principles to apply in order to get them moving again.

Those principles still apply in the 21st century especially to those who suffer lightly or chronically from procrastination and to those who are stuck because of hurts, losses and setbacks. Some of the Joshua's principles found in the pages of *Overcome Procrastination God's Way* include:

- **Understand what's causing you to pause.** Most people are not lazy. Instead, there is usually a Spiritual root cause that looms and roars underneath in our souls which stifles us from taking action. Parks says, "at some point in this vicious cycle, we become impoverished in some way or another, and we continue to live below God's no lack standard of life. That is not what God intends for our lives." Identifying those root causes helps to break the back of slack so that we can live the no lack lives that God *does* intend.
- **Envision where God wants you to go.** Often, we procrastinate and stay in our uncomfortable comfort zones because we cannot see what God sees for our lives. The main reason for this is a negative self-image which causes us to see ourselves as grasshoppers instead of as conquerors. Parks says, "if we listen and choose to see ourselves that way, then, most likely, we will achieve what we see—little or nothing...however...we can get beyond where we are right now...when we decide to see things the way God sees them."
- **Make God Decisions.** Many of us procrastinate because we don't decide to take action. Parks says, "I don't believe this is a conscious decision. I believe our psyche and desire are negatively affected by those things that loom and roar underneath." However, when we make God decisions, we become enlightened on what to do; which way to go; and how to yield the best results in life. When we don't make them, we are given to our own self-perception which opens the gateway for fear, worry and shame to paralyze our souls.
- **Overcome fear, worry and shame.** Many people procrastinate because of fear which distorts reality and paralyzes our souls. "Once fear deeply sets into our souls, it perpetuates itself through worry in our minds." "When fear and worry cause us to procrastinate, we do not do what we desire to do, or we do not complete what we have already begun...and we are put to shame." These underlying root causes of procrastination can be overcome with belief and prayer.
- **Confront difficult things.** Spiritual root causes of procrastination cause us to avoid doing things that we perceive will hurt, consume time and energy or are difficult or unpleasant. However, Parks says, "we should have complete confidence that we will emerge victorious no matter what when we confront the difficult things that are holding us back with God's help."
- **Gain order.** Without order in our lives, we will continue to procrastinate and affairs will continue to back up and stack up against us. Therefore, we need a strategy. This book provides just that by gleaning from Joshua's strategy he gave to the Children of Israel; to assess the whole situation; break thing down into manageable parts; and continue to take action in implementing the plan.

- **Turn desires into accomplishments with diligence.** Many procrastinators desire to do things but we seldom accomplish we desire because we do not diligently take action. Parks says, “our desires are what we long to achieve but diligence, which is the painstaking steady effort, enables us to accomplish what we desire.”
- **Walk in God’s power.** Often, we procrastinate because we are just too worn out and we eventually acquiesce because we just don’t have the strength or energy to do anything differently. However, Parks says, “if your soul is weary and depleted from that you have endured, then please be encouraged because you have a reservoir of God’s supernatural power stored inside of you which is able to revive and restore you so that you can get moving again.”

For anyone suffering from procrastination because of the underlying Spiritual root causes that loom and roar underneath or because of lack of order caused by past hurts, loss of a job or loved one, lack of discipline or lack of knowledge, **Overcome Procrastination God’s Way** is a timely Spiritual and practical guide that will help people to break the back of slack so that they can enter into the land of no lack.

ABOUT THE AUTHOR

Clarence J. Parks, JD, MDiv. is a writer of God/self-help books, speaker, trainer, and coach. He is a graduate of Morehouse College, The Catholic University of America, Columbus School of Law, and Yale University Divinity School. He is the Pastor of Peace and Power Ministries in Washington D.C. and is married to Lady Michelle Parks, and uses the principles found in this book. He is an overcoming procrastinator.

###

Overcome Procrastination God’s Way

A Spiritual and Practical Guide To Help You
To Dig Out From The Past, Manage The Present, and Enter Into The Future

ISBN: 978-09832337-0-1

5 ½ x 8 ½ Trade

147 pages, Soft Cover

©2011

Published by: i611 Press, LLC

Websites:

<http://clarencyparks.com/media>

<http://overcomeprocrastinationgodsway.com>

For media inquiries, appearances, or other publicity, please contact:

Clarence J. Parks, JD, MDiv

Email: clarencyparks.com or

Call: 240-326-3777

OVERCOME PROCRASTINATION GOD'S WAY!

*A Spiritual & Practical Guide To Help You Dig Out From The Past, Manage The Present
& Enter Into the Future*

By Clarence J. Parks, JD, MDiv

For pre-show questions or information, please call:

Clarence J. Parks

(240)326-3777

On-Air Interview Questions:

1. Clarence, there are a lot of books about overcoming procrastination out there, what's different about yours?
2. Some people equate procrastination with laziness but you mention in your book that "we are not necessarily lazy." If procrastination is not laziness, then what is it?
3. What role does vision play in overcoming procrastination? And what keeps us from having vision?
4. You mention that "people procrastinate because we don't **decide** to take action." How do we go about making that decision?
5. How does fear, worry and shame cause us to procrastinate?
6. Why do people avoid taking action on doing unpleasant or difficult things? And can we do to confront those things?
7. In your book, you mention that the very first lesson in the Bible is a lesson on gaining order. Why is order so important to God and to us?
8. Also in your book you mention that "many procrastinators desire to do things but seldom accomplish what they desire." How can we turn our desires into accomplishments?
9. Clarence, help us to understand how The Holy Spirit can help us to overcome procrastination?

