

Here's a New Way to Waste Time: Pre-crastinate

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New York Magazine:

Introducing a newly discovered way to waste time: “Pre-crastinating,” the inverse of procrastinating.

If procrastination is putting things off, *pre*-crastination is “the tendency to complete, or at least begin, tasks as soon as possible,” even if doing so will cost us more time and effort in the long run, according to an upcoming paper in *Psychological Science* (the researchers sent *Science of Us* an early copy).

Read the whole story: [New York Magazine](#)