

Summary Neil Fiore The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play



Neil Fiore in his book, *The Now Habit*, brings in a new dimension and approach to combating procrastination. Procrastination is now known to be a device people resort to in order to deal with the worry that comes with taking on new responsibility or finishing old task. This shows that it is not genetic but a strategy we adopt to avoid doing things we are uncomfortable with. In the book, Neil tries to change people orientation about starting a new task, completing an abandoned project, fear of failing at a task, etc., via an approach he calls 10 tools. One can easily incorporate these tools in his normal routine. They are easy to follow, and implement. An excellent compact summary of Neil Fiore's book, *The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play*. Why listen to the summary of a book when you have the original? Time constraint is the biggest problem. As you are flooded with lots of work and don't find time to listen to it from the first moment to the last, a well-written summary enables you to know the unique ideas presented in the book clearly and precisely. This analysis fills the gap, making you understand more while enhancing your experience. It saves your time, giving you the great advantage of listening to the original book. The summary is intended for: Fans looking for concise version of the book as tool for reinforcement of ideas or quick grasp of missed points or as refresher of ideas. The first timer looking for quick highlights of the main points of the book. >

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Overcoming Procrastination and Enjoying Guilt-free Play. Learn how to overcome procrastination and enjoy guilt-free play! . I've found *THE NOW HABIT* by Neil Fiore, Ph.D. to be a phenomenal *The Now Habit: A Strategic Program*
for Overcoming your to-do list, and set firm boundaries between work and play, but you still feel like *The first section*

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