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The general principles contained within The Now Habit are easy to follow and understand. It does offer a set of strategic tools for you to overcome procrastination. But at the same time you also alter your thinking about a wide array of things that cause you to procrastinate.

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negative habits of procrastination and perfectionism.

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## **Now Habit > Fiore Productivity**

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Procrastination and Enjoying Guilt-Free Play (Kindle Edition)  
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### **Editions of The Now Habit: A Strategic Program for ...**

The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play. Paperback - Illustrated, April 5 2007. by Neil Fiore (Author) 4.4 out of 5 stars 337 ratings. See all formats and editions. Hide other formats and editions. Amazon Price.

### **The Now Habit: A Strategic Program for Overcoming ...**

“The Now Habit” by Neil Fiore (Book Summary) The Now Habit by Neil Fiore is an old-school procrastination book. It’s not as scientific as some of its new competitors, but it makes up for it with counter-intuitive strategies such as The Unschedule, guilt-free play, three-dimensional thinking, the work of worrying, and

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## **“The Now Habit” by Neil Fiore (Book Summary) - NJlifehacks**

The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play by Neil Fiore (this is the full title) explains in great details the word procrastination. Along with that, the methods and exercises provided inside for battling procrastination seem perfectly valid and easily doable.

### **Actionable Book Summary: The Now Habit by Neil Fiore ...**

Originally published by Tarcher in 1988, The Now Habit has sold more than 58,000 copies, and is as relevant as ever! Author Neil Fiore offers the first comprehensive strategy to overcome the causes of procrastination and to eliminate its deleterious effects.

### **The Now Habit: A Strategic Program for Overcoming ...**

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Originally published by Tarcher in 1988, The Now Habit has sold more than 58,000 copies, and is as relevant as ever! Author Neil Fiore offers the first comprehensive strategy to overcome the causes of procrastination and to eliminate its deleterious effects.

### **The Now Habit : A Strategic Program for Overcoming ...**

The Now Habit Summary September 7, 2016 Niklas Goeke Self Improvement 1-Sentence-Summary: The Now Habit is a strategic program to help you eliminate procrastination from your life, bring fun and motivation back to your work and enjoy your well-earned spare time without feeling guilty.

### **The Now Habit Summary - Four Minute Books**

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Neil Fiore, PhD, The Now Habit: A Strategic Program for

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