

The Now Habit A Strategic Program For Overcoming Procrastination And Enjoying Guilt Free Play Neil Fiore

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The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play (ebook) Published April 1st 2007 by Penguin Group.

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Featuring a new introduction and a new section providing strategies to understand and deal with the role technology plays in procrastination today, THE NOW HABIT offers a comprehensive plan to help readers lower their stress and increase their time to enjoy guilt-free play. Dr. Fiore's techniques will help any busy person start tasks sooner and accomplish them more quickly, without the anxiety brought on by the negative habits of procrastination and perfectionism.

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

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The Now Habit does focus on the root - it deals with the REASONS we procrastinate. It approaches procrastination for what it is - a symptom of a past experience, an irrational fear, or a variety of other reasons. Finally I've found a book that fixes the real problem. The bad habits just melt away afterwards.

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The Now Habit: A Strategic Program for... book by Neil A ...

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