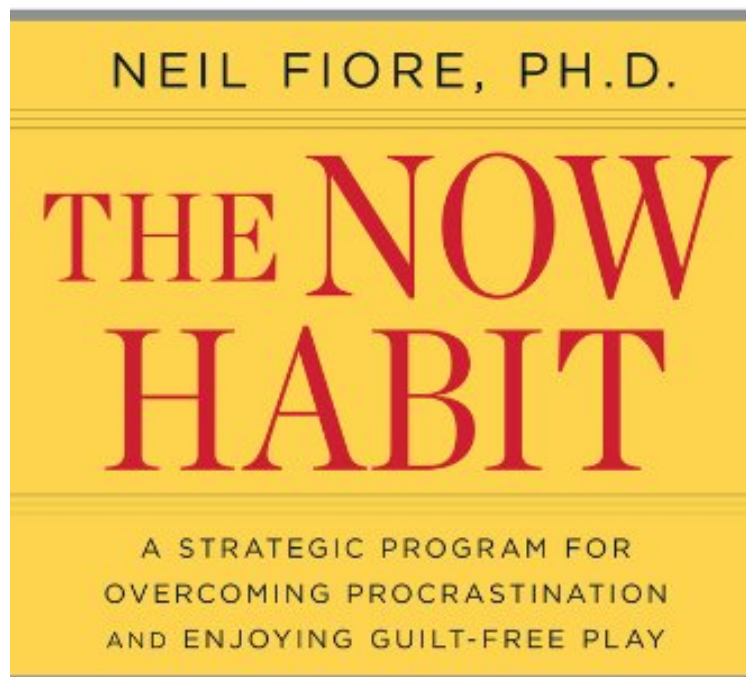


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## The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play

*Neil Fiore*

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**Neil Fiore : The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play:

2 of 2 people found the following review helpful. Understanding procrastinationBy Mary K DadismanThis book helped me understand why I procrastinate at times and helped me think through some strategies to work on it. Others

have tried to help me understand with bits and pieces of these techniques. It's good to have it in one place. The insight at the end about managing and living with those who tend to procrastinate was also helpful. 1 of 1 people found the following review helpful. Fear is Defeated with Healthy Habits By H. M. Behrens Lots of organization books address procrastination, but The Now Habit teaches strategies that deal with underlying anxiety that procrastination, in the short-term, tries to relieve. New habits face the fear and provide safe ways of working around it, until the fear disappears in the healthy results of productivity. 5 of 6 people found the following review helpful. I highlighted nearly the whole thing. By Brian Johnson [VIDEOID:96df1d565258bfc3fd2c334fc6438b8b] "A complete treatment of procrastination must address the underlying blocked needs that cause a person to resort to procrastination. The Now Habit starts with a new definition: Procrastination is a mechanism for coping with the anxiety associated with starting or completing any task or decision. From this definition it follows that those most vulnerable to procrastination are those who feel the most threatened by difficulty in starting a project, criticism, failure, and the loss of other opportunities that may result from committing to one project." "Procrastination is not the cause of our problems with accomplishing tasks; it is an attempt to resolve a variety of underlying issues, including low self-esteem, perfectionism, fear of failure and of success, indecisiveness, an imbalance between work and play, ineffective goal-setting, and negative concepts about work and yourself." "These fears, Dr. Rubin says, keep us from reaching a level of life where we feel compassion and respect ourselves now— for who and where we are now. This compassion for ourselves is essential in overcoming the underlying causes of procrastination. It means understanding that procrastination is not a character defect; rather, it is an attempt— albeit an unsatisfactory one— at coping with the often incapacitating fear of having our worth held up for judgment." ~ Neil Fiore from The Now Habit You ever procrastinate? Me, too. In fact, I \*totally\* procrastinated on writing this Note!!! (Seriously. Hehehehe. :) If you ever find yourself procrastinating more than yours— d like, I \*highly\* recommend the book. It was one of the first books I read on my Kindle and I highlighted nearly the whole thing. Here are some of the Big Ideas: 1. Fears - + Unproductive relief. 2. Victim/Procrastinator? - Your call. 3. What's— re You Doing - With your time? 4. Walking - Across a solid board. 5. One Small Step - And another and— Her— s to the power of the Now Habit! (More goodness— including Philosophers' Notes on 250+ books at [...])

Learn how to overcome procrastination and enjoy guilt-free play! One of the most effective programs to combat procrastination, THE NOW HABIT has sold over 100,000 copies, has been translated into 11 languages, and is now revised and updated. 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.

"It is rare to find a book that translates academically sound research into wise and helpful advice."— Jeffrey P. Prince, University of California, Berkeley "THE NOW HABIT is the definitive bible for releasing anyone's procrastinating past and becoming a 'producer.' This book is my go-to recommendation to my clients (and myself!) for beating procrastination and the guilt that comes with it."— Lisa Rothstein, The DaVinci Dilemma "I recommend THE NOW HABIT to my coaching clients and friends and family members because it provides clear, practical, effective advice for getting things done without beating yourself up."— Liisa Kyle, Ph.D, co-author of Happiness Awaits You "If procrastination is a major problem in your life— or even a minor problem— this book is well worth a reading. The techniques in this book are mostly psychological, but that does not mean they're not incredibly powerful if used appropriately. Plus, the techniques here dovetail well with many other personal development philosophies, so you don't have to toss out what you already know and what already works for you in order to adopt THE NOW HABIT."— The Simple Dollar "I've found THE NOW HABIT by Neil Fiore, Ph.D. to be a phenomenal resource for many clients who struggle with procrastination. Fiore helps you figure out why you are procrastinating and offers concrete exercises and strategies to overcome the most common blocks to getting started. This is a fantastic book."— Carrie Spaulding, The Thirty-something Coach About the Author "It is rare to find a book that translates academically sound research into wise and helpful advice."— Jeffrey P. Prince, University of California, Berkeley "THE NOW HABIT is the definitive bible for releasing anyone's procrastinating past and becoming a 'producer.' This book is my go-to recommendation to my clients (and myself!) for beating procrastination and the guilt that comes with it."— Lisa Rothstein, The DaVinci Dilemma "I recommend THE NOW HABIT to my coaching clients and friends and family members because it provides clear, practical, effective advice for getting things done without beating yourself up."— Liisa Kyle, Ph.D, co-author of Happiness Awaits You "If procrastination is a major problem in your life— or even a minor problem— this book is well worth a reading. The techniques in this book are mostly psychological, but that does not mean they're not incredibly powerful if used appropriately. Plus, the techniques here dovetail well with many other personal development philosophies, so you don't have to toss out what you already know and what already works for you in order to

adopt THE NOW HABIT"mdash;The Simple Dollar"rsquo;I've found THE NOW HABIT by Neil Fiore, Ph.D. to be a phenomenal resource for many clients who struggle with procrastination. Fiore helps you figure out why you are procrastinating and offers concrete exercises and strategies to overcome the most common blocks to getting started. This is a fantastic book."mdash;Carrie Spaulding, The Thirty-something Coachnbsp;