

0.1 Chapter 4: self: Self-Knowledge

0.2 Self-Knowledge

1 On Procrastination



The possibilities for delaying our work have grown quite simply monstrous, thanks in large part to technology. This is what spending hours doing not very much feels like:

But we should try also to understand where procrastination comes from. It isn't merely to do with laziness. A lot of it is at heart fear. We begin to work only when the fear of doing nothing at all exceeds the fear of not doing it very well... And that can take time.