

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



A Strategic Program for  
Overcoming Procrastination  
and Enjoying Guilt-Free Play

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The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play by Neil Fiore ISBN 1596590769

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. His techniques will help any busy person get more things done more quickly, without the anxiety and stress brought on by failure to meet the workplace's pressing deadlines. This revised, redesigned edition includes a new introduction and a section that provides strategies to understand and deal with the complex role technology plays in procrastination today.

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

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