

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

by Neil Fiore

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## Summary:

The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play by Neil Fiore is a book that provides readers with a comprehensive program for overcoming procrastination and enjoying guilt-free play. The book is divided into three parts: Part One: Understanding Procrastination, Part Two: The Now Habit Program, and Part Three: Applying the Now Habit. In Part One, Fiore explains the psychological and physiological causes of procrastination and how it can be overcome. He also provides strategies for dealing with perfectionism, fear of failure, and other psychological blocks to productivity. In Part Two, Fiore outlines the Now Habit Program, which is a step-by-step approach to overcoming procrastination. This includes techniques such as breaking tasks into smaller chunks, scheduling regular breaks, and using rewards to motivate yourself. In Part Three, Fiore provides practical advice on how to apply the Now Habit Program in everyday life. He also discusses how to use the Now Habit to achieve greater success in work and relationships. The book also includes a number of case studies and exercises to help readers apply the Now Habit in their own lives.

Overall, The Now Habit is an invaluable resource for anyone looking to overcome procrastination and enjoy guilt-free play. Fiore's comprehensive program provides readers with the tools and strategies they need to break free from procrastination and achieve greater success in their lives.

## Main ideas:

### #1.

The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play by Neil Fiore is a book that provides readers with a comprehensive strategy for overcoming procrastination and enjoying guilt-free play. The book is based on the idea that procrastination is a habit that can be broken by replacing it with a new habit. The book provides readers with a step-by-step program for breaking the procrastination habit and replacing it with a new habit of taking action. The program includes techniques for breaking the procrastination habit, such as breaking tasks into smaller, more manageable chunks, setting realistic goals, and rewarding yourself for taking action. The book also provides readers with strategies for dealing with guilt and anxiety associated with procrastination, such as recognizing that guilt is a natural emotion and learning to accept it. Additionally, the book provides readers with tips for enjoying guilt-free play, such as scheduling time for leisure activities and setting boundaries between work and play. By following the strategies outlined in the book, readers can learn to overcome procrastination and enjoy guilt-free play.