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

“The Now Habit” by
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Summary) The Now Habit by Neil Fiore is an old-school procrastination book. It's not as scientific as some of its new competitors, but it makes up for it with counter-intuitive strategies such as The Unschedule, guilt-free play, three-dimensional thinking, the work of worrying, and more.

“The Now Habit” by Neil Fiore (Book

Get Free The Now Habit A Strategic Program For Overcoming Procrastination And Enjoying Guilt-Free Play **Summary) -**

NJlifehacks

The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play by Neil Fiore (this is the full title) explains in great details the word procrastination. Along with that, the methods and exercises provided inside for battling procrastination seem perfectly valid and easily doable.

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Summary: The Now
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Summary September 7, 2016 Niklas Goeke
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your work and enjoy
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