



Neil Fiore's *The Now Habit*: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play Summary

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Neil Fiore in his book, The Now Habit, brings in a new dimension and approach to combating procrastination. Procrastination is now known to be a device people resort to in order to deal with the worry that comes with taking on new responsibility or finishing old task. This show that it is not genetic but a strategy we adopt to avoid doing things we are uncomfortable with. In the book, Neil tries to change people orientation about starting a new task, completing an abandoned project, fear of failing at a task etc via an approach he calls ten tools. One can easily incorporate these tools in his normal routine. They are easy to follow, and implement. An excellent compact summary of Neil Fiore's book, The Now Habit: A strategic Program for Overcoming Procrastination and Enjoying Guilt –Free Play. Why reading the summary of a book when you have the original? Time constraint is the biggest problem. As you are flooded with lots of work and don't find time to read it from the first page to the last, a well written summary enables you to know the unique ideas presented in the book clearly and precisely. This Analysis fills the gap, making you understand more while enhancing your reading experience. It saves your time giving you the great advantage of reading the original book. The summary is intended for: - Fans looking for concise version of the book as tool for reinforcement of ideas or quick grasp of missed points or as refresher of ideas. - The first timer looking for quick highlights of the main points of the book. About the Author Ant Hive Media reads every chapter, extracts the understanding and leaves you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours.

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