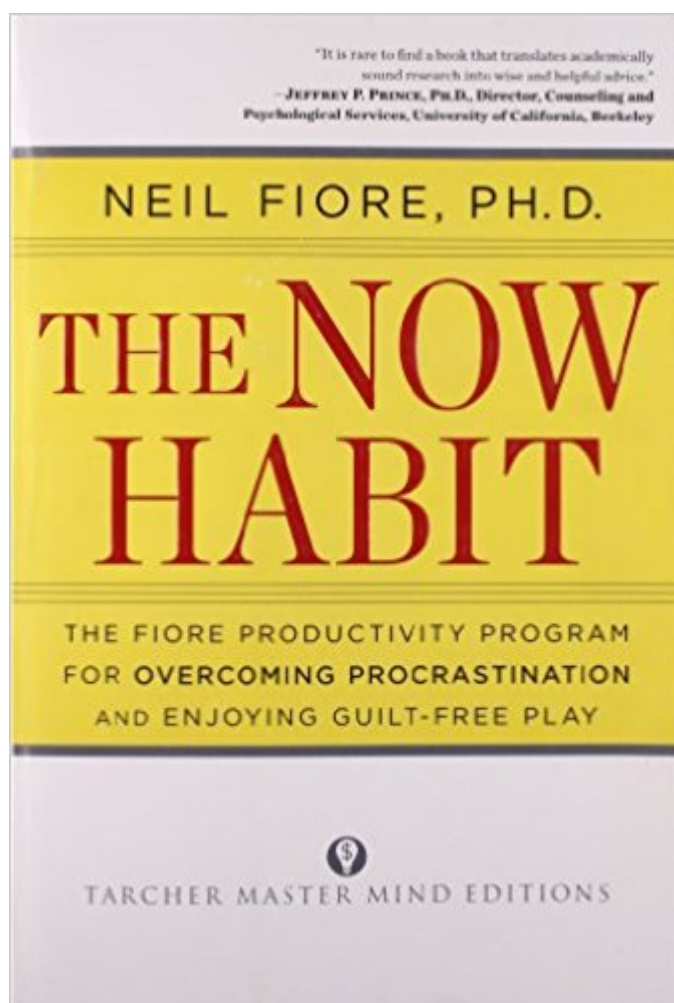


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# The Now Habit: A Strategic Program For Overcoming Procrastination And Enjoying Guilt-Free Play



## Synopsis

Learn how to overcome procrastination and enjoy guilt-free play! One of the most effective programs to combat procrastination, THE NOW HABIT has sold over 100,000 copies, has been translated into 11 languages, and is now revised and updated. Featuring a new introduction and a new section providing strategies to understand and deal with the role technology plays in procrastination today, THE NOW HABIT offers a comprehensive plan to help readers lower their stress and increase their time to enjoy guilt-free play. Dr. Fiore's techniques will help any busy person start tasks sooner and accomplish them more quickly, without the anxiety brought on by the negative habits of procrastination and perfectionism.

## Book Information

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## Customer Reviews

"It is rare to find a book that translates academically sound research into wise and helpful advice." — Jeffrey P. Prince, University of California, Berkley "THE NOW HABIT is the definitive bible for releasing anyone's procrastinating past and becoming a 'producer.' This book is my go-to recommendation to my clients (and myself!) for beating procrastination and the guilt that comes with it." — Lisa Rothstein, The DaVinci Dilemma "I recommend THE NOW HABIT to my coaching clients and friends and family members because it provides clear, practical, effective advice for getting things done without beating yourself up." — Liisa Kyle, Ph.D, co-author of Happiness Awaits You "If procrastination is a major problem in your life — or even a minor problem — this book is well worth a reading. The techniques in this book are mostly psychological, but that does not mean they're not incredibly powerful if used appropriately. Plus, the techniques here dovetail well with

many other personal development philosophies, so you don't have to toss out what you already know and what already works for you in order to adopt THE NOW HABIT"â "The Simple Dollar"â "I've found THE NOW HABIT by Neil Fiore, Ph.D. to be a phenomenal resource for many clients who struggle with procrastination. Fiore helps you figure out why you are procrastinating and offers concrete exercises and strategies to overcome the most common blocks to getting started. This is a fantastic book."â "Carrie Spaulding, The Thirty-something Coach

Neil Fiore, Ph.D., guides managers, executives, and their employees to new levels of peak performance. Drawing from his experience as a lieutenant with the 101st Airborne Division, a manager with Johnson & Johnson, a statistical analyst for Shell Oil, and a psychologist and career counselor at the University of California, Berkeley, Fiore brings practical tools for life and work to his seminar participants. He holds a doctorate in psychology and a B.S. degree in economics.

This book helped me understand why I procrastinate at times and helped me think through some strategies to work on it. Others have tried to help me understand with bits and pieces of these techniques. It's good to have it in one place. The insight at the end about managing and living with those who tend to procrastinate was also helpful.

This helps relieve stress from college tests, for me. It also helps me with critical thinking skills. It was intended to help with procrastination, and does help that way, too. I like to listen to the audio version, in repetition. It is very nice to listen to. My pets enjoy it, too. It soothes them, and allows them to sleep, and allows me to study better, free from the drama of two pets running around my home.

\*\*\*\*\*I give this book six stars, as it is helping me (an overwhelmed workaholic) to overcome a lifelong problem with procrastination. Really. Just from a book, albeit a great book!The author, Neil Fiore, defines procrastination as "a mechanism for coping with the anxiety associated with starting or completing any task or decision." Procrastination is a strategy to obtain temporary relief from stress, not a character defect or a personal or moral failure (as I'd thought before reading this book).The book addresses key issues underlying procrastination so that by the time you have finished with the book you are prepared to overcome the habit of procrastination in your life. For example, for me one obstacle I've struggled with (but didn't know it before reading the book) was "the fear that you must deprive yourself of leisure time in order to satisfy some unseen judge". Guilt-free play was something I never did; I rarely played at all, and if I did I felt guilty. The author

shows you how to build guilt-free play into your schedule so that you are paradoxically MORE productive rather than less. Another example is I figured out that I viewed my projects as reflections of my worth as a person; the book gave me self-talk so that I can separate my self-esteem from the work I do. These are just two examples; I'm sure that whatever your issues with procrastination, you'll find them addressed here, and then be equipped with the tools to overcome them. Here is a great quote that the author uses from William James: "Nothing is so fatiguing as the eternal hanging on of an uncompleted task." If you're like me and want to end the tyranny of your "To Do" list once and for all, you will absolutely not be disappointed! Highest recommendation!\*\*\*\*\*

Lots of organization books address procrastination, but *The Now Habit* teaches strategies that deal with underlying anxiety that procrastination, in the short-term, tries to relieve. New habits face the fear and provide safe ways of working around it, until the fear disappears in the healthy results of productivity.

A complete treatment of procrastination must address the underlying blocked needs that cause a person to resort to procrastination. *The Now Habit* starts with a new definition:

Procrastination is a mechanism for coping with the anxiety associated with starting or completing any task or decision. From this definition it follows that those most vulnerable to procrastination are those who feel the most threatened by difficulty in starting a project, criticism, failure, and the loss of other opportunities that may result from committing to one project. Procrastination is not the cause of our problems with accomplishing tasks; it is an attempt to resolve a variety of underlying issues, including low self-esteem, perfectionism, fear of failure and of success, indecisiveness, an imbalance between work and play, ineffective goal-setting, and negative concepts about work and yourself. These fears, Dr. Rubin says, keep us from reaching a level of life where we feel compassion and respect ourselves now "for who and where we are now. This compassion for ourselves is essential in overcoming the underlying causes of procrastination. It means understanding that procrastination is not a character defect; rather, it is an attempt "albeit an unsatisfactory one" at coping with the often incapacitating fear of having our worth held up for judgment. ~ Neil Fiore from *The Now Habit*

You ever procrastinate? Me, too. In fact, I \*totally\* procrastinated on writing this Note!!! (Seriously. Hehehehe. :) If you ever find yourself procrastinating more than you'd like, I \*highly\* recommend the book. It was one of the first books I read on my Kindle and I highlighted nearly the whole thing. Here are some of the Big Ideas: 1. Fears - + Unproductive relief. 2. Victim/Procrastinator? - Your call. 3.

What Are You Doing - With your time? 4. Walking - Across a solid board. 5. One Small Step - And another and Here's to the power of the Now Habit! (More goodness--including Philosophers' Notes on 250+ books at[...])

The value of a self-help book is directly proportional to whatever it is you are open to hearing at the time you read it. While it is true, as the one-star critics say, that much in this book that can be found elsewhere, Fiore presents that time-honored information in a way that is inviting and captivating. While I do not agree with every concept the author shares, his approach to procrastination is leading me to examine my approach in new and liberating ways. Time-honored concepts mixed with Fiore's unique insights make this book a valuable read indeed! Having read many, this is one of the best self-help books I have read in a long time.

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