



Overcoming Procrastination: Practice the Now Habit and Guilt-Free Play

By Neil A. Fiore

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With this radically different definition of procrastination, Dr. Neil Fiore, Ph.D., introduces his strategic program for conquering the habit of "putting it off till tomorrow." The old view of procrastination saw it as a weakness or flaw. The power of Dr. Fiore's approach is that he recognizes the benefits of procrastination. You don't procrastinate to make yourself feel guilty or worthless or full of tension and anxiety. You procrastinate because it's actually an effective way of dealing with the pain of perfectionism and the fear of failure -- and success -- that haunt you. But though procrastination may be an effective painkiller in the short run, in the long run it produces worse pain. Overcoming Procrastination explains how to replace procrastination with better, more beneficial ways to cope with the problems that cause it. It shows you how to put a psychological safety net under yourself, one that protects you from your fear of failure and helps you bounce back from mistakes. You'll learn how to stop talking to yourself in a negative way, how to use your old, self-defeating habits to create new, positive ones, and how to transform setbacks into opportunities. One key component of the Now Habit system is the "unschedule," a technique in which the only events you schedule are the fun ones -- hobbies, social dates, trips, etc. You guarantee yourself time to enjoy life. Other techniques include the "reverse calendar," which enables you to create a realistic, step-by-step calendar of your path to achievement, and the "flow state," which gets you into a state of focused energy, interest and concentration within two minutes or less. These powerful tools can end your procrastination problems permanently. Put them to use now!

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