



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

*Neil Fiore*

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**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.

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