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The Now Habit Summary September 7, 2016 Niklas Goeke Self Improvement
1-Sentence-Summary: The Now Habit is a strategic program to help you eliminate procrastination from your life, bring fun and motivation back to your work and enjoy your well-earned spare time without feeling guilty.

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Originally published by Tarcher in 1988, The Now Habit has sold more than 58,000 copies, and is as relevant as ever! Author Neil Fiore offers the first comprehensive strategy to overcome the causes of procrastination and to

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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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