



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

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**Complete summary of Neil Fiore's book: "The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play".**

This summary of the ideas from Neil Fiore's book "The Now Habit" describes the act of procrastination and offers a strategic program providing you with the tools needed to move up a gear. This useful summary highlights how changing some habits of thought and taking control over your motivation will make you naturally more productive.

#### **Added-value of this summary:**

- Save time
- Understand key concepts
- Expand your self-knowledge

**To learn more, read "The Now Habit" and discover how you can stop putting off until tomorrow what you can do today.**

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