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Now Habit are easy to follow and understand. It does offer a set of strategic tools for you to overcome procrastination. But at the same time you also alter your thinking about a wide array of things that cause you to procrastinate.

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Habit by Neil Fiore is
an old-school

procrastination book.
It's not as scientific as
some of its new
competitors, but it
makes up for it with
counter-intuitive
strategies such as The
Unschedule, guilt-free
play, three-dimensional

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thinking, the work of
worrying, and more.

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in great details the
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seem perfectly valid
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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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