The Now Habit
Book Summary
http://litemind.com
THE NOW HABIT
A STRATEGIC PROGRAM FOR OVERCOMING PROCRASTINATION AND ENJOYING GUILT-FREE PLAY
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About
book
mind map
1. Why We Procrastinate
fear
procrastination cycle
rewarding
2. How We Procrastinate
what to do
"walk a board" metaphor
3. How to Talk to Yourself
very important to master it!
Slogans
expressions
"have to"
"should"
the power of choice
4. Guilt-Free Play, Quality Work
"Work hard. Play hard."
put off living
symptoms
benefits
methods of motivation
cycle
feedback loop
5. Tools
1. reverse calendar
2. work of worrying
3. persistent starting
4. Unschedule
6. Flow State
"perfect mood"
Using more of your brain
Focusing Exercise
7. Fine-Tuning Your Progress
planned setbacks
resilience
hardiness
concentration
mental rehearsing and programming
8. The Procrastinator In Your Life
work
home