

*The Now Habit*, Neil Fiore, Ph.D.

What if procrastination didn't happen in your life? What if starting a project, completing an assignment, or finishing your commitment didn't seem so overwhelming? What if scheduling time for guilt-free play, right along with finishing the big things on your agenda not only made sense, but also helped eliminate the issue of procrastination?

Author Neil Fiore writes that procrastination is a defense mechanism that people use to escape the anxiety they often feel when faced with large, looming projects. When looking at the "whole" project, one's fear of doing an inadequate job (or of not finishing at all) creates the perfect anxiety-filled scenario that in turn drives the idea of not getting started. At that point one often can find other ways to fill that time with important, but unrelated tasks. Such procrastination provides reasons to not start all, and the repetition of this behavior provides a foundation for a learned cycle of procrastination. But, Fiore writes, this is a learned behavior and as such, it can be changed.

Fiore spends much of his writing providing *practical* ways to help one realistically look and work through the issues of procrastination. Self-talk, and scheduling (or the *Unschedule* as he calls it) become planned activities, as does focusing on going started and thinking in small chunk, not completed work. Fiore provides focusing exercises and activities to help learn new behavior.

*The Now Habit* is available as an audiobook through Libby.