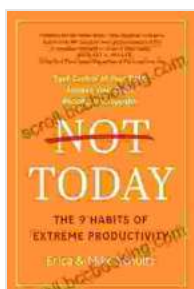


Not Today: The Habits of Extreme Productivity

Are you tired of procrastinating? Do you feel like you're always behind, and that you can never seem to catch up? If so, then you need to read Not Today: The Habits of Extreme Productivity by Neil Fiore.

Not Today is a book that will teach you how to overcome procrastination and achieve your goals. Fiore, a psychologist and expert on procrastination, has developed a step-by-step plan that will help you identify the root of your procrastination, and then develop strategies to overcome it.



Not Today: The 9 Habits of Extreme Productivity

by Erica Schultz

★★★★☆ 4.7 out of 5

Language	: English
File size	: 17570 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 272 pages

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The book is based on the premise that procrastination is caused by fear. When we procrastinate, we are avoiding something that we are afraid of. This could be anything from starting a new project to making a phone call. The fear of failure, the fear of success, the fear of being judged - these are all common triggers for procrastination.

Fiore argues that the best way to overcome fear is to face it head-on. This means taking small steps towards the thing that you are afraid of, and gradually increasing the difficulty until you are able to face the fear without anxiety.

The step-by-step plan in *Not Today* will help you to do just that. The plan is divided into four parts:

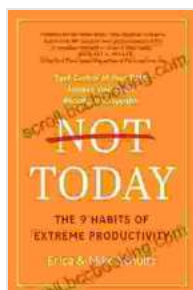
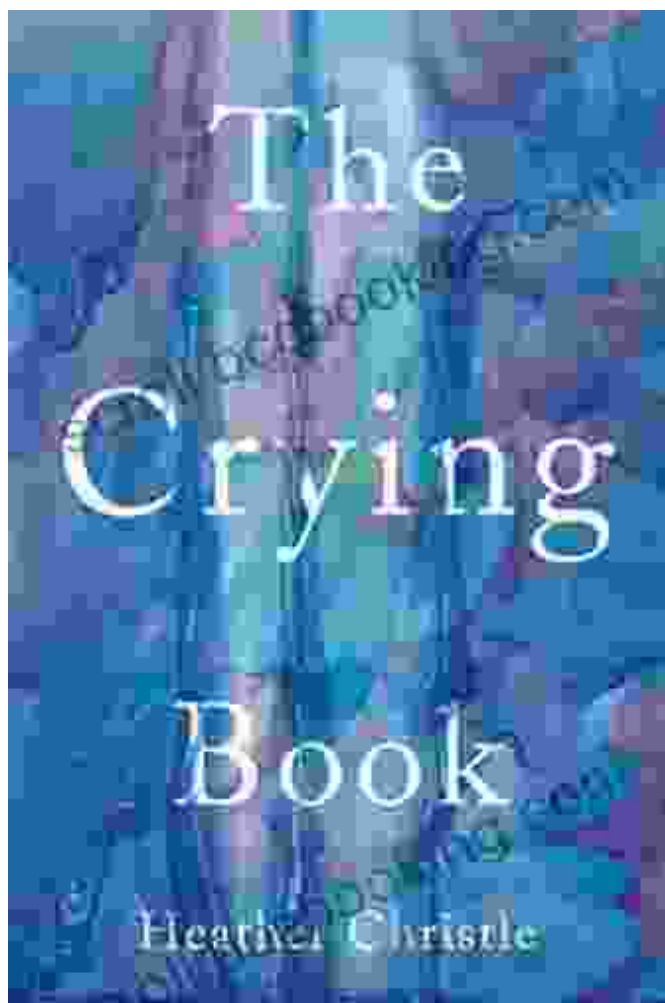
1. **Identify your procrastination triggers.** The first step to overcoming procrastination is to identify the things that trigger your procrastination. Once you know what your triggers are, you can start to develop strategies to avoid them.
2. **Develop coping mechanisms.** Once you know your triggers, you need to develop coping mechanisms to help you deal with them. This could involve anything from setting deadlines to rewarding yourself for completing tasks.
3. **Take action.** The hardest part of overcoming procrastination is taking action. However, it is also the most important part. The more you take action, the easier it will become.
4. **Stay motivated.** Overcoming procrastination is a journey, not a destination. There will be times when you slip up. However, it is important to stay motivated and keep moving forward.

Not Today is a practical, evidence-based guide to overcoming procrastination. The book is full of exercises and examples to help you apply the principles of the book to your own life. If you are tired of procrastinating and you are ready to achieve your goals, then you need to read *Not Today*.

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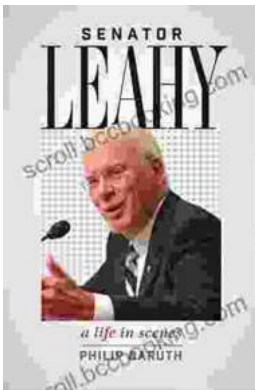
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