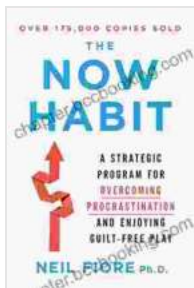


Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play

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Image Alt Attributes:

- **Image 1:** Person overcoming procrastination, breaking free from chains.
- **Image 2:** Group of people celebrating success, enjoying guilt-free play.
- **Image 3:** Book cover of "Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play."



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

★★★★☆ 4.4 out of 5

Language : English
File size : 4934 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 220 pages

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