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Time Warrior: How to Defeat Procrastination, People-Pleasing, Self-Doubt, Over-Commitment, Broken Promises and Chaos

By Steve Chandler

Maurice Bassett. Paperback. Condition: New. 238 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. Time Warrior is a revolutionary, non-linear approach to dealing with time, as bold as it is fresh and new. What is non-linear time management Non-linear time management is a commitment to action in the present moment. Its looking at a task and choosing NOW or not now. If its not now, its got to be NEVER, or placed in a time capsule that has a spot on the calendar and therefore out of the mind. The mind must remain clear and empty of all future considerations. In non-linear time management there is no line extending from my mind into the future. No tapeworm of unfinished business coming out of my body. Non-linear time management is best expressed by Elvis Presley when he sings, Its now or never, come hold me tight. The old-fashioned time management programs had a huge, burdensome focus on the future. The line of tasks stretched out forever into the future. It was fear-based and it was overwhelming to have so much of a future to carry around with you. It resulted in massive, pathological procrastination. Everything got put off in the name of perfectionism....



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