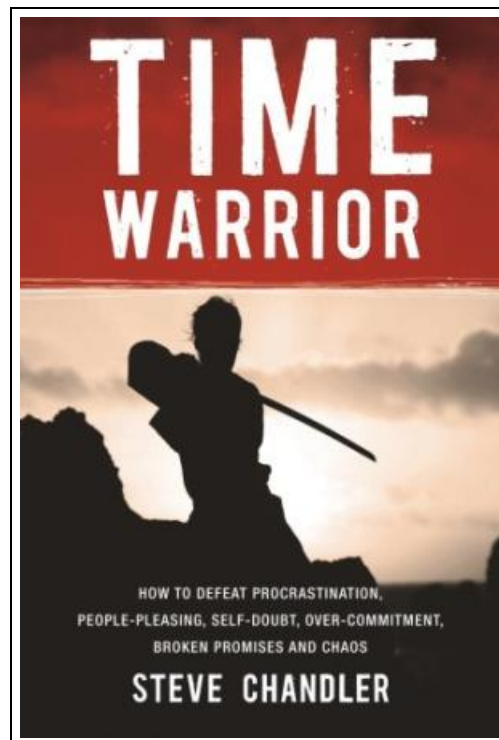


## Time Warrior: How to Defeat Procrastination, People-Pleasing, Self-Doubt, Over-Commitment, Broken Promises and Chaos



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*(Rene Olson)*

## TIME WARRIOR: HOW TO DEFEAT PROCRASTINATION, PEOPLE-PLEASING, SELF-DOUBT, OVER-COMMITMENT, BROKEN PROMISES AND CHAOS



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. Nothing was bold or reckless anymore. Therefore there wasnt much astonishing success happening for the world-weary practitioner. But when Chandler teaches people to go non-linear, a strange thing happens. New life and energy come in. When they open their emails they dont get to save them for later. They have to deal with them if they open them. Like little attackers in a computer game, there is no longer anywhere to hide. Life becomes a great game and everything is handled right now on the spot. All fear comes from picturing the future. Putting things off increases that fear. Soon...



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