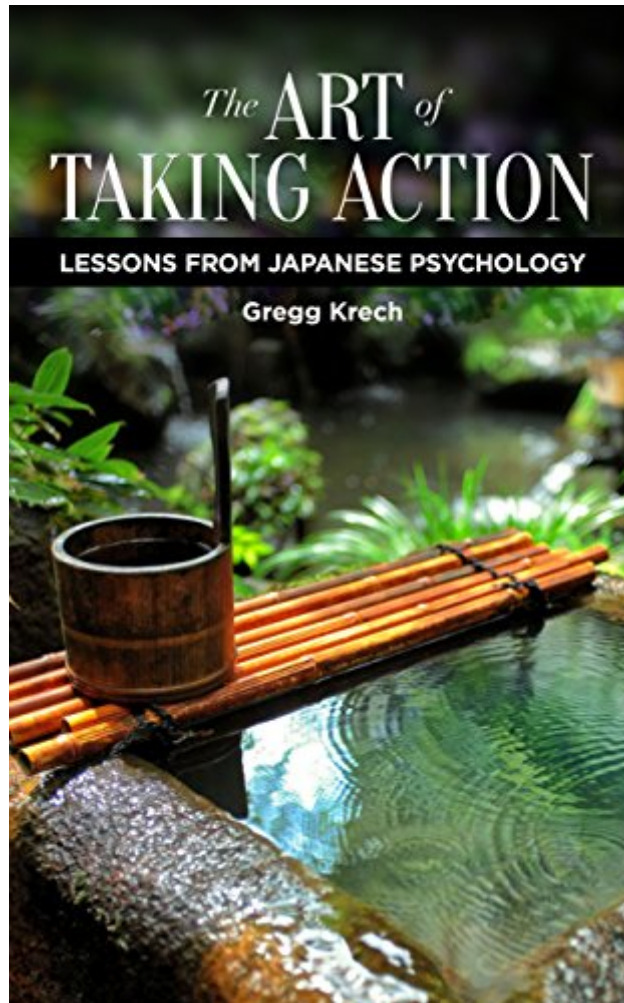


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# The Art Of Taking Action: Lessons From Japanese Psychology



## Synopsis

Drawing on Eastern philosophy, Buddhism, Japanese Psychology, Zen, the Samurai, and Martial Arts, Gregg Krech offers an approach to ACTION that guides you to doing what is important for you to do in the time you have available. Most of us associate Eastern wisdom with meditation and contemplation. Krech offers a complimentary collection of wisdom on the Art of Taking Action that will help you take action even when you don't feel like it. This isn't just another "how to get things done" book. It's about how you do what you do, and the impact that your action (and inaction) has on the world. Students of Zen, Yoga, Taoism, meditation, mindfulness and Japanese culture, will resonate with ideas and practical strategies such as: Overcome by Going Around, Non-attachment " Effort and Outcomes, The Rhythm of Activity, The Stress of Not Getting Things Done, Procrastination Disguised as Busyness, Working with the Conditions We Encounter, Impermanence and Legos, and more. Krech brings more than 25 years of experience teaching and studying Japanese psychology to create a unique collection wisdom on "Taking Action" that is both practical and profound. If you are ready for some "movement" in your life, this book is just what you need.

## Book Information

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## Customer Reviews

I was glad to have read it, but the format detracts from its efficacy. The first half of the book is based on "Morita Therapy," which, if you aren't already familiar with it (as I wasn't) is both novel and helpful. But the author proclaims a deliberate effort to avoid producing "just another productivity book," and in doing so constructs the latter half of the book out of personal essays from a variety of contributors, and even a poem, nearly all of which are repetitive, anecdotal, and do not offer any deeper instruction than what is discussed in the first half. A bit disappointing in that respect, as the first half feels like an intro and seems to leave a lot of room for exploration. I don't regret buying it, but I would have preferred to pay half as much for half the book.

From reading your book from cover to cover, I have gained further insight into what procrastination looks like and how I allow its behaviors to shape me. Where most people only engage in procrastinating occasionally, I have been a procrastinator for some time and that's where your book continually helps me, tackling problems from the start! Time passes very quickly in life and your book reinforces for me not to trivialize procrastination as it can threaten my life, health, and happiness and my failure to maximize my potential. Your book helps me to understand what kind of procrastination behaviors I practice, to understand the underlying reasons I may engage with them and provides support and ideas for challenging the accompanying characteristics that negatively impact upon my life. Thank you for the privilege and overwhelming experience of participating in your Taking Action course and reading your book, that I consider a very valuable resource, and which I will read daily. I am better equipped now to tackle my "demons", to confidently co-exist with them, instead of fighting them, and to take action. They may be very small steps, but concrete steps of action that pave a new path to help me reach my fullest potential in the future. I give this book 5 stars. Sue

I studied with Gregg Krech at the ToDo Institute in Vermont and can highly recommend this book as a further extension of his deep wisdom and knowledge of Japanese therapies. As a licensed, clinical psychologist trained in Western approaches myself, I was moved to shift my own therapeutic methods after studying with Greg and reading his other book, Naikan. Buddhist-oriented practices related to mental health and well-being continue to be supported by a growing body of research from many sources, including the Dalai Lama's Mind and Life Institute. Gregg Krech's The Art of Taking Action is an accessible way into this approach for those who do not have a Buddhist orientation or meditation practice themselves, asking only that people be willing to take small steps

toward modifying their actions in order to, as Morita therapy explains, help "wag the tail of feelings." A welcome addition to the Eastern psychology literature, and as helpful to lay people as to practitioners.

The Art of Taking Action is a book full of inspiration and practical advice to overcome obstacles in life that prevent us from taking actions. We, as human beings, constantly struggle to move forward in life, not always due to our physical limitations but because of those barriers that are psychological in nature. As the book explains, fear, perfectionism, boredom, indecision, and procrastination, are some of the reasons we fail to take necessary actions in our life. This book, using key principles from Japanese psychology (including Morita, Naikan, and Kaizen), teaches us very practical methods to overcome those barriers so we can "do what needs to be done in life.

This book warrants my first review after years of reading books on . I've read many self-improvement books, and this book has made the most tremendous impact on me. Its primary concept is so simple yet so powerful: do what needs to be done regardless of how you feel - take action according to the needs of a situation, not according to the needs of your emotional state. Simply put, focus on doing rather than feeling. When you do this consistently, not only will your productivity increase but your mental health will substantially improve. DO consistently and DO gently - it's not about forcing yourself to do things or psyching yourself up to JUST DO IT! and intensifying your life. It's about consistently doing what you know needs to be done without thinking about it. There's a ubiquitous misconception in our comfortable & stimulating modern society that we should feel fully motivated to do something and feel good while doing it. Once you realize that is not true - you do not need to feel motivated to take action and you do not need to feel good while getting something done - then you will be on your way to significantly improving every facet of your life. And over time you will feel so much better in general. It's not hard. It just takes practice and consistency. I'm truly grateful for this book's many great ideas to help implement the wonderful concept of taking action. Very highly recommended.

To put it simply, this book can change your life if you read it and implement what it offers. It is common sense, offers no magic but is so powerful in looking at life as it really is and giving us the skills to navigate through what can be overwhelming or get us through when we feel "stuck". It is so easy for me to get bogged down into all those feelings call life, but what do I do with them? This book is one I will continue to come back to remind there is a way out. For those times I need some

help, this is the book to go to. It gives me the steps to do. What are those steps? This book is an easy read to get you to move to a different place from where you are. If you keep moving, one step at a time you are going to grow. Recommended book to give to people you love who are on a journey to live a more sane and loving life.

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