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Taking Action; What Should I Read Gregg Krech has served as the Executive Director of the ToDo Institute since 1992. Gregg is one of the leading authorities on

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The todo institute: mindfulness, procrastination,

Morita Therapy represents the action element of Japanese psychology; Naikan Naikan: Gratitude, Grace and the Japanese Art Gregg Krech's new book, Naikan,

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Gregg Krech (the author of "The Art of Taking Action") joins Zachary to talk about being fully present, overcoming your emotions, consistency & momentum.

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Thanks for this episode Kat and Laura. Just wanted to let you know about the action I've taken already (still a few more on my list from your great episode!)

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