



# The Art of Taking Action: Lessons from Japanese Psychology

*Gregg Krech*

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## **The Art of Taking Action: Lessons from Japanese Psychology** Gregg Krech

Gregg Krech opened new doors to self-reflection in his book, *Naikan: Gratitude, Grace and the Japanese Art of Self-Reflection*. Now he draws on Eastern philosophy, Buddhism, Japanese Psychology, Zen, and Martial Arts to offer an approach to ACTION that goes beyond productivity and time management. Most of us associate Eastern wisdom with meditation, but Krech demonstrates the importance of ACTION as an essential element in our spiritual and emotional health and provides the psychological tools that can help us move forward, even when feeling depressed, discouraged or just stuck. Weaving together an extraordinary collection of teachings, Krech addresses practical issues such as procrastination, stress, anxiety and indecision but through a lens of classic Eastern wisdom. Students of Buddhism, Yoga, meditation, mindfulness and Japanese culture, will resonate with the ideas Krech presents and come away with both inspiration and practical guidance for turning those ideas into ACTION. It's not just about getting things done, but about what you do, how you do it and the impact of your action (and inaction) on the world around you. Your karma. Your legacy. The world is waiting for you.

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