



The Art of Taking Action: Summary of the Key Ideas - Original Book by Gregg Krech: Lessons from Japanese Psychology

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The actions we take have an impact on the world around us, but we often remain inactive due to feelings of fear, a desire for perfection etc. In order to become successful, taking action is most important; certain principles from Japanese psychology can help us overcome the obstacles that hold us back and find the motivation to move forward again.

Who should read this book:

- Anyone who feels stuck in a certain situation and wants to find a way to move forward again.
- People who often remain inactive and regret their behavior later on.
- Anyone interested in Japanese psychology and the art of taking action.

In this summary:

Chapter 1: Take actions in response to the situation you face

Chapter 2: Checking off our to-do list is not the same as taking action

Chapter 3: The psychology of action from Japan

Chapter 4: A decision is merely a thought and not enough to trigger action

Chapter 5: Once you have started, the “law of momentum” will keep you going

Chapter 6: The world of thought vs. the world of action

Chapter 7: When you cannot control a situation, simply put in your best effort

Chapter 8: Compassionate action in relationships

Chapter 9: We are often held back by fear and perfectionism

Chapter 10: Step out of the crowd and take action to become successful

Chapter 11: Final Summary

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