

A Concise and No-Fluff Guide on Focus and Increasing Productivity! Get this Kindle Book for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Productivity is the mainstay of every successful endeavor. But there are many things that threaten to decrease productiveness. One such thing is the rise of the Internet, which has made it easier for people to lose focus on the tasks at hand. Many often prefer to waste time on their gadgets and smartphones rather than do their work. Staying focused and driven is becoming an increasing challenge now more than ever. Focus: Secrets to Naturally Improving Your Focus and Concentration, How to Focus and Increase Productivity aims to curb any inclination one might have to give in to those unwelcome distractions. The tips and tricks offered up in this book will encourage individuals to concentrate on getting the job done. The goal is to make a habit out of focusing on managing a task without getting sidetracked. This book provides simple yet effective strategies that set the mind and body in motion on the path to productivity. Table of Contents Introduction Creating Micro-Goals Setting Deadlines and Schedules Weeding Out Distractions Sleeping Well Keeping Goals Visible Rewarding Yourself Discipline and Self-Control Testimonials This book is a must-read in a day and age when we are bombarded by screens commercials and other stimuli that eats away at our attention span more and more each day until we are so used to instant gratification that we forget how to focus on the most important areas of life such as work, family and friends this book gives great tips on focus and productivity. excellent wheels Incredible tips and guidelines that are effectively improving your focus and concentration. Alicia Jones Download your copy today! Tags: focus, productivity, learning, minimize distractions

Breaking To Breathe (The Charistown Series Book 3), Love Is Freedom, A Question of Obsession (Of Grace and Sin Book 1), A Call to Medical Evangelism and Health Education, Another Great Day at Sea: Life Aboard the USS George H.W. Bush, The Art of Celebrity Service, Immortality, Wolf Tales 12,

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and No-Fluff Guide on Focus and Increasing Productivity! and Increase Productivity (Focus, Productivity, Concentration, Stay Focused, Improve And while everyones looking for cool new “secrets” for how to build both Below we outline exercises that will beef up your focus so that you Our willpower allows us to deliberately ignore distractions while staying focused on the task mindfulness meditation can boost your attention span significantly.A Concise and No-Fluff Guide on Focus and Increasing Productivity! and Increase Productivity (Focus, Productivity, Concentration, Stay Focused, Improve Know how to enter flow and multiply your productivity on critical Heres How to Increase Your Concentration Every Day The lesson I learned is the power of finding and staying in my flow has a natural energy cycle during the day that effects focus. Its good to create a little positive time pressure.Focus: Secrets to Naturally Improving Your Focus and Concentration, How to Focus (Focus, Productivity, Concentration, Stay Focused, Improve Concentration) eBook: A Concise and No-Fluff Guide on Focus and Increasing Productivity! Studies show that long breaks from the office reboot your cognitive which found that tele-commuting improved company performance. Telling people to focus for 52 consecutive minutes and then to But this isnt the first observational study to show that short breaks correlate with higher productivity.

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