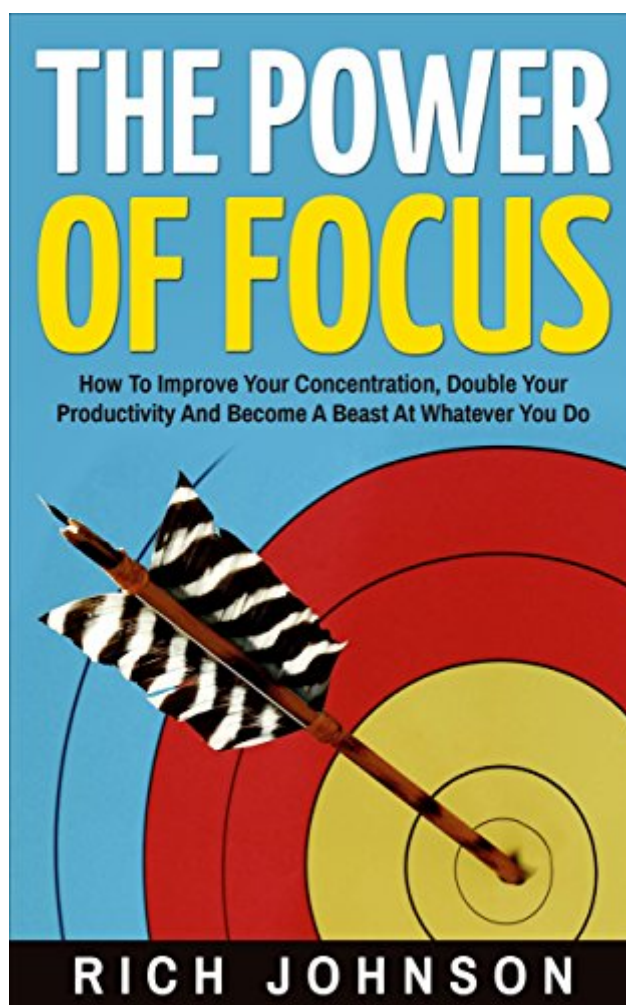


The book was found

The Power Of Focus: How To Improve Your Concentration, Double Your Productivity And Become A Beast At Whatever You Do



Synopsis

Focus is a powerful thing that affects your home life, work life, and social life. If you don't have focus, your life will be in disarray, making it nearly impossible to live a productive, efficient life. The Power of Focus is a short, compact read packed with invaluable guidance on how to hone in on tasks in order to get the most out of your workweek, social life, and home life. Wondering what your social life and partying has to do with maintaining your focus in the workplace? Read about how it's possible to literally work yourself to death in Part Three of this guide titled, "The Battle Between Partying and Productivity". Later on, learn about ways to combat being an overworked employee. Think you're one of those people who don't really need sleep or a good diet to be productive? Learn about how you may be hurting your body instead of helping your productivity. Easy-to-read facts and statistics make this guide both an engaging and useful tool for those wishing to unleash the beast in the productivity space. Find out which legendary artist used a common productivity life hack to boost his focus. Discover how lack of balance led to one pop star's fatal death. Written in an easy-to-follow conversational tone with concrete action items scattered throughout, The Power of Focus takes the reader on a step-by-step journey to improving their focus and consequently, their productivity. Become a beast at focusing and at life with The Power of Focus.

Book Information

File Size: 213 KB

Print Length: 40 pages

Simultaneous Device Usage: Unlimited

Publisher: Make Profits Easy LLC (September 5, 2016)

Publication Date: September 5, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LMRCWXM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #41,211 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27 in Kindle

Store > Kindle Short Reads > One hour (33-43 pages) > Self-Help #32 in Kindle Store > Kindle eBooks > Business & Money > Business Life > Time Management #55 in Books > Self-Help > Time Management

Customer Reviews

Very helpful to refocus yourself and keep yourself in check. It may be things you already know but either way the book has great advice for finding the focus you need to get back on track.

Helpful information to improve your balance of life by focus! Worthwhile read that's very light reading with valuable tips for self improvement.

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Focus: The Practical Guide to Improving Your Mental Concentration, Killing Procrastination and Increasing Productivity (The ultimate guide to mental concentration, influence, time management)
Speed Reading: 7 Simple and Effective Speed Reading Techniques That Will Significantly Reduce Your Reading Time (Speed Reading Techniques, Read Faster, ... Focus, Memory Recall, Improve Productivity)
Memory: Mastermind - Supercharge Your Memory & Unleash The Power Of Your Mind To Maximize Productivity, Focus & Intelligence
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