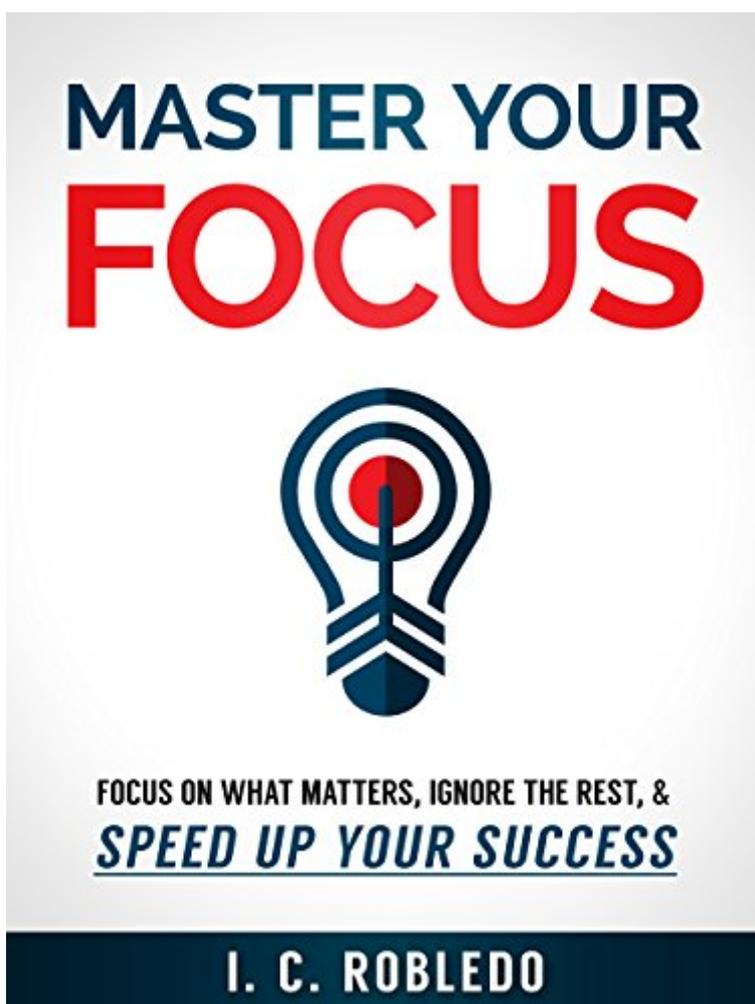


The book was found

Master Your Focus: Focus On What Matters, Ignore The Rest, & Speed Up Your Success



Synopsis

Multiply Your Focus And Productivity Without Feeling Overwhelmed Imagine if you could sit down, keep your mind on one goal, and actually finish your task. Think how your life would be if you found a way to manage your work hours, breaks, and distractions so that you could truly focus and complete goal after goal. Internationally bestselling author I. C. Robledo has revealed his struggle with maintaining focus. He was once frustrated, unable to stay focused on even simple tasks. Then he decided to experiment with different techniques until he was able to get more done in less time, with greater focus. Now he is able to maintain his focus at the highest level, and he wants to help you do the same. Inside, you will discover: How using Brute Force Focus can stretch your focus ability Why focused people work less to get more done –â œ with Smart Breaks How to find your Sweet Spot of Challenge to stay focused on one task Why Internal Motivation will help you focus in the long-term How to stop Disruptive Ideas before they become big distractions Get your focus in gear and turn your goals into a reality with Master Your Focus.

Book Information

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Customer Reviews

This is a great, short guide on improving your focus and time efficiency. As someone who works very long hours and is constantly balancing that with family, this is a subject near and dear to my heart - and this book was worth the read. Many of these tips are common sense, but it helps being reminded of them. Other tips have links to various scheduling and time management tools I was unaware of. The author also knows what he's talking about. I especially agree with his conclusion that multi-tasking is not efficient; and the power of saying "no" to certain tasks sometimes is something I think a lot of us need to be reminded of. I also like the fact that the book is short. In a word, it's focused!

A very organized review of things we can do to focus in our daily life. I don't think much in the book is earth shattering, but it doesn't really promise to do so. Well worth the money if you are looking for multiple ideas to get focused.

I enjoyed the read and got some good ideas out of it! I will try to apply some of the "tricks" to my everyday activities

Great! Easy to read. Suggestions are concise, focused, and useful.

Like anyone, I have times when my mind is unable to focus and I lack concentration. After reading this publication, I learned new techniques for minimizing those times, and the habits and behaviors that cause lack of focus. The author is well versed in focus and how to achieve balance in your life. Unlike other publications, the author is clear and speaks in layman's terms so it's easily understood. The author also offers personal anecdotes to help illustrate their grasp on the subject, and gives easy to follow suggestions on how to better improve your own focus. I thought I knew everything about how to keep focus, but after reading this, I feel my productivity and understanding has increased dramatically. Anyone that wants to focus their mind and get better use of their precious time should read this book. The book is a quick and thorough guide on what to do to improve your own mind and focus. It's money well spent.

A short yet practical book to get you keyed on what you need to do to stay on task. The fixed format for each tip lets you anticipate what to expect, and concise enough that you can apply the advice effectively. The author provides many personal examples of how helpful the tips are. However, not

all the tips may match your style. But try them all anyway. You can then determine which ones are most useful to you.

The author successfully provides simple tips to improve focus and quality of work. I enjoyed the reading and the examples given; I think I benefited greatly from the reading of this book. I totally recommend it.

You can use it as a short and concise handbook, with enough techniques for all types of personalities. You will sure find something useful for you.

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