



## Focus: 50 Simple Exercises to Improve Concentration, Productivity and Getting \$H#t Done! (Paperback)

By Kellie Sullivan

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Powerful Secrets To FOCUS is Revealed! A Short Read With Easy To Apply Practical Tips Powerful Knowledge That Will Help You In No Time Why is concentration difficult? Concentration is a very important skill towards attainment. After all, there may be several external and internal discussions in your working environment. Focus is not just significant in the place of work. It also applies to several facets of your life whether at home, at school and in your private relationships. This book contains proven steps and strategies on how to improve concentration and productivity, reduce nervousness, panic and screw anxiety as well as hack your way to a better sleep and cure insomnia. So, if fear, nervousness and screw anxiety deprive you to achieve personal and professional success and suffer from lack of attentiveness, this book is best made for you! In here, you will find a lot of recommendations and guidelines that are very beneficial not only for your work productivity but for your mental and physical health as well. So, are you ready...



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