



Focus 101: How to Improve Focus

By Alley Blackwell

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are feeling that you have begun to put off tasks or jobs because you are losing focus it is better you start working on it immediately. By the looks of it, it may sound like tedious, tough task, but in reality it is an upfront process which can be accomplished by a simple changes applied in behavioral patterns. It might seem like a never ending process but it is until you get there. Once you take the first step, the next will follow simultaneously and before you know it, you might have just slayed your habit of losing focus unnecessarily. In the upcoming sections of the books you will get come across a detailed study of understanding the concept of loss of focus and how you can work it so that you can walk ahead towards a better tomorrow.

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