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5.0 out of 5 stars 100% Focused has some unbelievably great suggestions on how to Improve your focus! Reviewed in the United States on 28 February 2014. Verified Purchase. I really liked the section on listing the difficulty of a habit you want to start having. That one I will definitely start with to start focusing better.

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So, here are twelve top tips on how to focus more efficiently, remain focused on the daily to-do list, and get through those tasks much quicker while still ensuring great quality. 1. Get an early start. Getting up an hour or so earlier than normal may seem like cruel torture.

12 Ways To Be More Focused And Get More Things Done Quickly

For most people, the first and most important step to increasing focus is to change the way you view it, says Elie Venezky, author of Hack Your Brain. "Focus is a muscle, and you can build it ...

8 Ways To Improve Your Focus - Fast Company

When you want to get focused, promise yourself that you'll worry about the issue extra hard later (or now). Pick a time block to worry about it. Seriously. If you do this, you'll probably "get" how worrying doesn't accomplish anything. Worrying is doing nothing in a way that makes you feel like you're doing something .

How To Get Focused Anywhere In 5 Minutes

"The biggest challenge is to stay focused. It's to have the discipline when there are so many competing things." ~ Alexa Hirschfeld Productivity is

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not a question of how much time a day you spend working. Sometimes, a day in which you've worked for just three or four hours can end up being much ...

10 Tips to Stay Focused - FacileThings

"There's never been another time in history when there was so much to be distracted by, and all our technology reinforces the feeling that you're missing out on something if you're not able to pay attention to a bunch of things at once," says Charles Folk, PhD, director of the cognitive science program at Villanova University.

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