

# **Better Focus**

**Alley Blackwell**

**100% Focused** John Morgan, 2014-02-14 How To Improve Your Focus And Concentration? The minds of successful people are well organized and have the ability to focus. If you want to make the most out of your life, developing this kind of mind is essential. The big challenge in achieving this goal is being in a culture that glorifies amount of work done rather than high quality work. Most low-level jobs, where young adults are hired, require very little creativity and critical thinking. This creates a culture of taking shortcuts to achieve objectives that we are not really passionate about. Because of the advancement of consumer electronic technology, we are surrounded by distractions that are constantly craving engagement. The engagement we give these distractions is taking away our ability to focus on the things that really matter. If we could just spend less time tapping our smart phones, we could do a whole lot more with our waking hours. Indulging in these distractions also promotes the practice of constantly switching attentions. This habit kills our ability to focus. People who have this kind of habit often become uncomfortable when doing one thing for a long period of time. They lack the ability to continue working, especially if the task is very boring. Luckily, there are ways to rehabilitate our ability to focus. We can enhance our minds and condition them to be ready for tasks that require prolonged attention. However, we need to develop habits and practice some exercises to be able to accomplish this. This book provides you with these

habits and the exercises. They will help you develop a mind capable to concentrating for longer periods of time. There is no ultimate technique that will work for everyone. That is why we provide you with 25 techniques. If the first tip will not work for you, you still have 24 chances to improve your focus.

**How to Focus Your Mind: 7 Easy Steps to Master Concentration Techniques, Attention Management & Staying Focused** Troye Bates, 2019-12-11 Do you wish you could learn to better focus your mind during those crucial moments when you need to? Paying attention in a world filled with distractions today is a constant challenge that many are faced with. Yet, there is a solution to the problem: An easy to follow 7-step solution to master concentration techniques and enhance your powers of focus today! YOU WILL LEARN: - Why goals matter to build a foundation for focus. - The way your environment impacts your ability to concentrate. - How to enhance your mental prowess. - Why it is energy management, not time, that matters. - How to shut down distractions, enhance your attention, and more. No matter what stage in life you are or where you aim to be, better focus is the way to get you to every goal you've ever set for yourself. The power of focus and concentration doesn't have to be an elusive superpower reserved only for the few who have mastered the secret to success. You've got the opportunity to do the same right now!

*I Want to Concentrate* Harriet Griffey, 2019-02-19 To be able to concentrate is the key to better focus and achieving more, but in our 24/7

constantly switched-on environment, it's not always easy. A relentless barrage of external interruptions, combined with internal preoccupations, can make it increasingly difficult to concentrate. In *I Want to Concentrate*, Harriet Griffey examines why it's important and what gets in the way of our concentration, while offering practical information, pointers and ideas on how to regain control over the chattering monkeys in our heads and our lives. If you want to concentrate better and benefit from its positive affect on your work and personal life, *I Want to Concentrate* will help you get back into the habit, improving relationships and reducing stress along the way.

**Focus** Benedict Preston, 2015-01-24 Unlock Your Hidden Potential and Achieve Whatever You Desire! Are you wandering through life? Do you feel like you could do so much more - if you only knew how? Download FOCUS 91 Easy Exercises to Improve Your Focus, Your Concentration, and Harness the Awesome Power of Your Mind 100% Focused - Today! You will learn how to harness the power of your mind. Do you sit mindlessly in front of the TV? Are you starting to forget things? FOCUS teaches you to sharpen your mind. Your memory and concentration can be better than it ever was. It includes easy exercises that you can try at home - start improving your mind today! Are you unsure where to begin? Is the world overwhelming? Are you easily confused? This book helps you get it all under control with simple, easy-to-follow advice. You will learn how to strengthen your mental clarity, no matter where you are in life. With 91

techniques and exercises to choose from, you're sure to find the help you need - to unlock the secret powers within! Download FOCUS now, and discover the hidden treasures of your mind!

### 7 Day Challenge For Better Focus & Concentration

, entrepreneur, 2023-03-23 I know that we have all been there. We have all been in those moments where we are sitting at a desk with a wandering mind and an urgent deadline. There's pressure to meet the deadline but the mind will not just stay in one place to deal with the task at hand. No matter what efforts you take, you just feel stuck as nothing is making progress at all. You are motivated to do the task (by the deadline) but you just cannot bring yourself to do two things - to focus on the task at hand and to concentrate. In this ever-increasing digital world, we tend to be easily distracted. There is so much information at the tweak of our fingertips and we feel that there is a need to deal with the large amounts and diverse forms of information. However, what this does is to drag our attention and tug at our time.

**Focus: Morning Routine to Help You Stay Focused on Work and Discover How to Maintain Focus and Achieve High Grades (Unleash Your Productivity and Achieve More in Less Time)** Steven

Albright, 2021-09-18 If you know how to align your thoughts and devote complete concentration to the task at hand, you'll realize anything that you aspire to in life can be done. Everyone is able to use their Focus no matter what your age, profession, or demography. You can excel in any walk of life, stage of life, all you need is the two traits of focus to compliment your ability to

increase. In this book you will learn: How to Focus on Your Own Priorities How to Define Success on your Own Terms The Importance of Having the Right Attitude How to Declutter Your Brain How to Declutter Your Brain The Importance of Being Consistent To Visualize Success Have you ever wondered how to focus your mind? Have you wrestled with how to stay focused? Focus has been described as the hidden driver of excellence. This book takes a look at how best to harness the power of focus to improve concentration. It describes techniques on how to focus and concentrate to help reach your goals.

**Focus 101** Alley Blackwell, 2016-02-22 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.

*Tinker Dabble Doodle Try* Srini Pillay, M.D., 2017-05-02 Harness your mind's innate tendency to wander, stall, rest, and unfocus and become more productive—in the boardroom, living

room, or classroom. Named one of Coastal Living's Best Books for the Beach This Summer To finish tasks and achieve goals, most people believe that more focus is the solution. We rely on to-do lists, calendar reminders, noise-blocking headphones, and sometimes medication to help us concentrate—even though these tactics often fail to substantially improve productivity. Drawing on the latest brain research, compelling stories from his psychological practice, and colorful examples of counterintuitive success from sports, business, education, and the arts, neuroscientist Srinil Pillay, M.D., challenges traditional ideas about productivity, revealing the lasting, positive benefits of adding deliberate and regular unfocus to your repertoire. A fascinating tour through brain wavelengths and rhythm, mindsets, and mental relaxation, Tinker Dabble Doodle Try demonstrates how specific kinds of planned unfocus stimulate cognitive calmness, jumpstart productivity, enhance innovation, inspire creativity, improve long-term memory, and, of course, help you stay on target. Tinkering with ideas and with things releases your mind to wander from a state of stuckness into a possibility frame of mind, triggering neural connections and new insights. Dabbling in a new endeavor—whether a hobby or fantasy—disrupts your habitual and reactive thinking, helping you find new solutions to old problems. Doodling can help you tap into another brain frequency to remove obstacles and create opportunities and inspiration. With techniques for training the brain to unfocus, concepts for scheduling busy lives, and ideas for controlling

this new cognitive-toggling capability, Tinker Dabble Doodle Try will change how you think about daydreaming, relaxing, leaving work unfinished, and even multitasking. What you'll discover is a greater freedom, a deeper intelligence, and a more profound joy in your life. Praise for Tinker Dabble Doodle Try "Pillay's effortless writing style, combined with an excellent balance of popular psychology and self-help, makes this a helpful read for those who enjoy a light dive into psychology with practical applications."—Library Journal "Pillay cites an intriguing range of brain studies to support his argument, and his case studies of individuals with whom he has worked provide useful insights."—Kirkus Reviews "Dr. Srini Pillay offers a brilliant, deeply researched, and even more deeply imagined blueprint for using one's full mental armamentarium, conscious, unconscious, and all the undiscovered rest! A fantastic book!"—Edward M. Hallowell, M.D., co-author of *Delivered from Distraction* "Dr. Pillay's new book will help you create a new, fun, more playful destiny and unlock your brain's inner potential."—Daniel G. Amen, M.D., co-author of *The Brain Warrior's Way* "This book not only gives you license to step off the hamster wheel of focus, focus, focus, but it will show you how to strategically and productively do so."—JJ Virgin, author of *JJ Virgin's Sugar Impact Diet* "This brilliant book shows how to manipulate your brain to alternate between intense concentration and deliberate mind-wandering."—Mark Robert Waldman, co-author of *How God Changes Your Brain*



**Brain Builder** Jackie Goldsteine, 2016-04-30 Ever felt distracted or just not at peak performance? Brain Builder: Art of Focus and Concentration may just be for you. Following his wildly successful Cancer Fighting Cookbook, Jackie Goldsteine is back to share the secret technique to optimising focus and concentration! Inside this highly actionable and step by step guide, you'll find the technique to the SNIPER focus system and killing procrastination for good! You will also get: 5 steps to create the right environment How to optimise your time and energy The most important elements most people miss when goal setting Neutralising Stress And much much more! After a decade of teaching, Jackie has finally put the formula he developed that turns even the most stubborn delinquent into a straight arrow student! While the technique was used with students in mind, parents have benefitted in their careers from the same system and so can you! In a few short minutes, you can achieve a laser like focus in work and in completing tasks that you've put off for so long! You can happily say goodbye to procrastination! Grab Your copy of Brain Builder: Art of Focus and Concentration right away!

*Master Your Focus* I. C. Robledo, 2018-03-22 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 – 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 distractionsGet your focus in gear and turn your goals into a reality with Master Your Focus. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

Focus Eric Phillips, 2016-01-20 Focus Booster: Want to Increase your Focus, Develop Better Concentration and Free your Mind from Distractions? Get to your Goals faster and what really matters! In this book, you will learn how to focus and concentrate your thoughts. Learning how to rein in your thoughts is going to help you to achieve your goals in life. Without focus, you can never achieve anything. If you know how to align your thoughts and devote complete concentration to the task at hand, you'll realize anything that you aspire to in life can be done. Everyone is able to use their Focus no matter what your age, profession, or demography. You can excel in any walk of life, stage of life, all you need is the two traits of focus to compliment your

ability to increase. Previews of what you'll gain from this book... Basic Techniques to Drastically Improve Your Concentration Boosting Concentration with Strengthening Mental Exercises Powerful Techniques to Improve Your Learning Skills The Science and Psychology Behind Concentration and Much More! Use these focus boosters to Increase Focus, Have Better Concentration and Free from Distraction.

Concentration: Maintain Laser Sharp Focus & Attention for 5 Hours or More Kam

Knight, 2018-05-11 Struggling to concentrate? Can't focus for more than a few minutes? If so, you're at the right place. This book has quickly become the gold standard for improving attention, focus, and concentration. That's because it exams concentration from a completely different perspective. Instead of the usual advice of remove distractions or pomodoro technique, it dives deep into the mind and body to discover what exactly creates concentration and what takes it away. You will gain valuable insight into developing the parts of the brain responsible for concentration and reduce the parts that take it away - Does your mind wander from one unrelated thought to another? - Do you get so lost in thought, you miss what is going around you? - Are you swayed by the slightest distractions? You will learn to manage all this and more Imagine a life where you can listen in class, finish a project, receive that promotion, write that novel, engage with family, be more present, and enjoy life fully. That's what this book will help you achieve. What are you waiting for? The sooner you start, the sooner you

will see results.

Five-Minute Focus Tiffany Shelton, 2019-12-17  
Focus. Fast. Five minutes is all it takes. It's a fact: You can improve focus and concentration in just five minutes a day. Five-Minute Focus shows you how with smart, mindfulness- and neuroscience-based exercises so you can flex your focus—like a muscle—and get more done every day. Get 75 quick, easy, scientifically-proven tips and tricks you can use to tackle stress at home, at work, in relationships, and beyond. Five-Minute Focus can help you live a more meaningful life through developing creative passion and personal connection to who and what matters most. Five minutes a day is all it takes. Take a deep breath. Let's get focused. This daily exercise book includes: Focus fast—Discover what focus is, why it's essential, and how to get focused fast—anytime, anywhere. Practice makes perfect—You'll get guidance on setting a schedule to find focus through actionable solutions to help speed up your performance. Concentration-building solutions—Simple exercises like basic breathing techniques, meditation, and yoga can help build your concentration. Sharpen your focus and boost your performance—in an instant—with Five-Minute Focus.

Focus Mastery Som Bathla, 2017-09-14 urbo-charge Your Concentration, Skyrocket your Productivity and Achieve Your Goals Faster with Proven Tactics. What if you manage to create few extra hours during your day? What if you could beat off distractions without struggling? How would your ability to laser-focus gets more done in less

time? Imagine having extra time you can spend as you want on travel, adventures or just chill out with friends and your loved ones. Imagine having independence to follow things that matter most to you. If you wonder why you feel like running around as a headless chicken, why distractions often keep swaying you away from work and why people around you always steal your attention, you need to unlearn dated tricks and adopt new principles to master your attention to accelerate your growth. Focus Mastery is your short and fast paced action guide to boost your concentration, keep distractions at bay and create extra time for things that matter. Download FOCUS MASTERY NOW to Master Your Attention, Make Better Decisions Faster and Skyrocket Your Productivity In FOCUS MASTERY, you'll discover: Top 7 common reasons that are robbing off your ability to concentrate. Learn How Bill Gates created an entire new industry through one of his one major skill. How your existing TO-DO-LIST doesn't help and learn the tweaks for better results. How to develop an effective mechanism to handle emails and never get distracted by another email. How super-stars and celebrities build their concentration by Technology Shabbat How multi-tasking slows your cognitive skills and what to do about it. Learn Effective ways to reset People (including your bosses) to not disturb your focus. How Boredom can be used as a tool to build your focus muscle. Learn How to be able to say NO to everything in the first place without burning the bridges. Why you and your smart phones need to be on Aeroplane mode daily. Learn the research based facts about

sleeping and how to create best environment for build stronger connections amongst neural pathways for better concentration. Learn Neuropsychological secrets about our brains react when you move your body regularly. And Much More. FOCUS MASTERY is for ANYONE who struggles to focus on important things and wants to get rid of all distractions to achieve more in life. Whether you're a student, knowledge worker, small or medium sized entrepreneur, solopreneur or stay-at-home parent, the strategies described in this book are equally effective and transformational for everyone. Grab your copy of FOCUS MASTERY today to finally master your focus, keep distractions at bay, make better decisions and Achieve your goals faster ! Scroll to the top of the page and click the BUY NOW button!

Focus Arthur Davis, 2013-11 Take a snapshot of your life. Does it look and feel out of focus and blurry? Think about your life like you would a photograph. When it is out of focus what you see is blurry or fuzzy. The last time you took a picture and the camera focus was off or not working, were you disappointed with the result? Could be that the people or the scenery were so blurred that it made everything in the picture unrecognizable. What did you do with it? Did you delete it or toss it out if it was a print? Someone who is constantly distracted with trivial tweets, computer games, a constant flow of junk email and Smartphone apps will not be nearly as successful as someone who can and does focus his or her mind and behavior. Learning to do this is truly like learning how to unleash the power of

your mind. You have a potent tool available when your mind is focused and you make a purposeful decision to concentrate. Let me ask you, how many times do you check your email, Facebook page and Twitter account per hour? If you are the average heavy multitasker, your answer will be 37 times plus! Now ask yourself this question. What is this doing for you? Are you smarter? Are you wealthier? How about happier? Maybe it is high time you seriously looked into this whole idea of focused attention.

*Master Focus* Eddie Zhao, 2018-01-17 Taking control of where you put your focus can dramatically increase your quality of life. In a world full of distractions, the ability to concentrate on anything you do puts you ahead of most people. Focusing your attention on whatever you're working on will save you huge amounts of time. The purpose of this book is to help you create an ability to focus by developing habits, strategies, and a lifestyle to compliment it. In addition to all of this, you'll also receive a daily checklist to help you build and secure helpful habits.

Monk Like Focus Lavanya Jayakumar, 2019-07-25 Are You Struggling To Focus On One Thing For A Certain Period Of Time? To be productive at work or study, you need to develop FOCUS. In *Monk Like Focus*, you will learn: \* Why focus is a mental game\* How to prioritize focus over laziness\* Three fun focus improvement exercises that will help you skyrocket your ability to focus\* Three timeless focus improvement practices recommended by monks\* How to single-task to improve your attention span\* The

importance of becoming obsessed with progress to increase focus\* The art of putting butt on the chair to get things done\* How to stop getting hijacked by Shiny Object Syndrome\* The art of saying NO to distractions\* How to keep the main thing the main thing\* How to follow digital distractions detox\* The art of saying NO to people who burden you with their constant demands at work\* How to focus on the right things instead of a bunch of things

Grab your copy of Monk Like Focus today to improve your focus, eliminate distractions, avoid procrastination and achieve your goals

### **Concentration Training Program Elia**

Friedenthal, 2020-02-09 This IMPROVING YOUR CONCENTRATION book you'll discover simple and proven ways to Improve Your Concentration Through Brain Games, Meditation, Sports, Music And Many More and stay focused even when the workplace seem too chaotic to allow you to concentrate. Many people today rely on methamphetamines like Tic Tack and concentrate on a hyper-caFFEinated squirrel. We're going from unfinished to unfinished projects, we're running around with piling-ups by giving up open fun at the bottom of our hat, and so on-until we have more jobs and neglected obligations ever. In essence, as much control over our minds as a retired junkie. However, we can regain the loss of control with a variety of simple tips and exercises instead of playing slaves in our minds. After all, curiosity is an excellent trait - in moderation - and if we bend our minds to our will, instead of the other way around, we can amp up productivity, focus,



etc., while achieving a calmer mental state. And that is the purpose of this eBook! So, are you ready to delve into these secrets, new and old, and gain control back over your mind from these never-ending distractions? Here is a preview of what you are going to learn!!! The following subjects are covered: IMPROVING CONCENTRATION THROUGH MEDITATION IMPROVING YOUR CONCENTRATION THROUGH MUSIC IMPROVING YOUR CONCENTRATION THROUGH SPORTS USING SELF-HYPNOSIS FOR INCREASED FOCUS AND CONCENTRATION CONCENTRATION TRAINING PROGRAM OTHER WAYS OF IMPROVING FOCUS AND CONCENTRATION Would you like to focus better? Does a lack of concentration struggle, and the decay begin to settle? What if I told you that the emphasis and attention could be improved by 100%? Within this book, IMPROVING YOUR CONCENTRATION, Improve your concentration through brain games, meditation, sports, music and much more... some of the world's most productive people are offering the best techniques that allow them to concentrate on multiple tasks.

### **Concentration and Focus With Training Program**

Elia Friedenthal, 2020-02-29 This IMPROVING YOUR CONCENTRATION book you'll discover simple and proven ways to Improve Your Concentration Through Brain Games, Meditation, Sports, Music And Many More and stay focused even when the workplace seem too chaotic to allow you to concentrate. Many people today rely on methamphetamines like Tic Tack and concentrate on a hyper-caffeinated squirrel. We're going from unfinished to unfinished projects, we're running around with piling-ups by giving up open fun at the bottom of

our hat, and so on-until we have more jobs and neglected obligations ever. In essence, as much control over our minds as a retired junkie. However, we can regain the loss of control with a variety of simple tips and exercises instead of playing slaves in our minds. After all, curiosity is an excellent trait - in moderation - and if we bend our minds to our will, instead of the other way around, we can amp up productivity, focus, etc., while achieving a calmer mental state. And that is the purpose of this eBook! So, are you ready to delve into these secrets, new and old, and gain control back over your mind from these never-ending distractions? Here is a preview of what you are going to learn!!! The following subjects are covered: POWER OF CONCENTRATION LACK OF CONCENTRATION AND FOCUS FACTORS THAT AFFECT FOCUS AND CONCENTRATION HOW FOCUS WORKS IN YOUR BRAIN IMPROVING CONCENTRATION THROUGH MEDITATION IMPROVING YOUR CONCENTRATION THROUGH MUSIC IMPROVING YOUR CONCENTRATION THROUGH SPORTS USING SELF-HYPNOSIS FOR INCREASED FOCUS AND CONCENTRATION CONCENTRATION TRAINING PROGRAM OTHER WAYS OF IMPROVING FOCUS AND CONCENTRATION Would you like to focus better? Does a lack of concentration struggle, and the decay begin to settle? What if I told you that the emphasis and attention could be improved by 100%? Within this book, IMPROVING YOUR CONCENTRATION, Improve your concentration through brain games, meditation, sports, music and much more... some of the world's most productive people are offering the best techniques that allow them to concentrate on multiple tasks.

**Brain Training** Eva Delano, 2014-05-26 For the last few years the term brain training seems to appear everywhere: in the news, at schools etc. Everybody is talking about it, but what is brain training? Can we really train the brain? This book will help you to find the answers.

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