



Masterful Focus: 33 Tips to Improve Concentration, Work Smarter, and Be More Productive

I. C. Robledo

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LEARN - How to Get Focused and Be More Productive

Do you find yourself frequently unfocused and unable to pay attention? Do you get distracted easily? Do you feel like you're not getting enough important things done?

If you answered "Yes" to any of these, you'll be interested in the following...

A lot of people think that focus is something you're born with, or it's something that you don't have much control over. This is simply not the case. I've personally built up my own focus, so I know it's possible to make great progress in your abilities. It takes a certain mindset, and you need the right guidance to see improvements in your focus. **Just realize that everything you need to know can be learned.**

START NOW - Build up Your Focus So You Can Get More Things Done in Less Time

The good news is this book provides the simple and straightforward road map you need to build up your focus. The tips inside provide step by step actions you can take to increase your focus. Whether you want to improve your grades, be more productive at work, or get more out of life by focusing on the moment, "Masterful Focus" can help.

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Here is what you will learn inside:

- What to focus on
- What **not** to focus on

- How to train your focus
- How to focus all day, every day
- How to bring focus to your entire life
- How to maintain your focus no matter what

Here is a sampling of some tips you will find inside:

- Make action plans (Tip #4)
- Deal with disruptive ideas (Tip #10)
- Find the sweet spot of challenge (Tip #11)
- Take smart breaks (Tip #20)
- Take stock of big accomplishments (Tip #25)
- Use a reward system (Tip #29)
- **33 total great tips inside!**

I want you to realize that you can train your focus. You can get your life in gear and **see tremendous growth in your focus and productivity.**

To Learn More About Improving Your Focus...

Buy "**Masterful Focus**" and start building up your focus today.

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Mary Norman:

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