

Acces PDF Master
Your Focus Focus
On What Matters
**Master Your
Focus Focus
On What
Matters Ignore
The Rest Speed
Up Your
Success**

***Canada's
productivity expert
returns with a totally***

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On What Matters
Ignore The Rest
Speed Up Your
Success

fresh angle on how to do more with less. Throughout his experiments and research, Chris Bailey came across many little-known insights into how we focus (a key element of productivity), including the surprising idea that focus isn't so much a state of

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heightened awareness (as we'd assume), but a balance between two frames of mind. The most recent neuroscientific research on attention reveals that our brain has two powerful modes that can be unlocked when we use our attention

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Ignore The Rest
Simply Your
Success

well: a focused mode (hyperfocus), which is the foundation for being highly productive, and a creative mode (scatterfocus), which enables us to connect ideas in novel ways.

Hyperfocus helps readers unlock both, so they can concentrate more

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*On What Matters
Ignore The Rest
Speed Up Your
Success*

***deeply, think more
clearly, and work
and live more
deliberately. Diving
deep into the
science and theories
about how and why
we bring our
attention to bear on
life's big goals and
everyday tasks,
Chris Bailey takes
his unique approach
to productivity to***

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On What Matters
*the next level in
Hyperfocus, while
retaining the
approachable voice
and perspective that
made him a fast
favourite.*

*Learn How to
Supercharge Your
Focus! Why do
successful people
get so much more
done in a day?
Because they have*

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***mastered the power
of deep focus. Let's
face it: we all have
the same 24 hours
in a day. Yet, they're
stacking cash, and
you're not. Not yet...
Now, I'm not saying
that developing
super focus will
make you a
millionaire. But I can
guarantee you one
thing: you won't get***

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On What Matters

***there if you can't
master the ability to
concentrate! Get
Your Copy of 'Super
Focus' In today's
world, distractions
are all around us.
Notifications, email,
social media, and
advertising are all
vying for your
attention. If you
think about it, it's
really a miracle we***

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Ignore The Rest
Successfully Your
Success

***get shit done at all!
But this also creates
opportunity. For
you. If you are able
to take control of
your life and
become a focus
master, the world is
at your feet. Super
Focus is a powerful
asset to have,
regardless of what
you do. Really, if
you want to live a***

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On What Matters
Ignore The Rest
Speedily Your
Success

***fulfilled and
productive life, set
goals, and achieve
them, understanding
how you can
concentrate deeply
is where it all starts!
Why You Should
Check Out 'Super
Focus' How would
you like to be more
productive and do it
with more ease?
'Super Focus: How***

Acces PDF Master
Your Focus Focus
On What Matters
***to Turn Your Brain
into a Laser-Sharp
Concentration
Machine' is jam-
packed with proven,
powerful tools to
supercharge your
concentration
powers. It is the #1
blueprint if you want
to boost your
productivity and
achieve your goals.
What's most***

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On What Matters
Ignore The Rest
Speed Up Your
*important: I will take
you by the hand and
teach you*

*everything you need
to know to become a
super focus master.*

*Here is What You
Will Learn: - What is
Focus? - Six Simple
Ways to Improve
Your Focus NOW -
The Importance of
Self-Discipline and
Environment - How*

Access PDF Master
Your Focus Focus
On What Matters
**to Beat
Procrastination -
Willpower - The
Backup Asset You
Need to Have - How
to Create Powerful
Habits - And Much
More! And Here's
The Cool Thing at
the end of every
chapter, you will
find Action Steps.
These allow you to
(1) reflect on what**

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On What Matters,
you learned, and (2)
Ignore The Rest
encourage you to
Specialty Year
take action. Finally,
as a **FREE &**
EXCLUSIVE BONUS,
you'll also get the
chapter 'What is
Accelerated
Learning?' from my
other popular book
'Accelerated
Learning'. To recap
If you apply what
you will learn in

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On What Matters
**'Super Focus',
anything you set
your mind to
becomes possible.**

**So, let's get started,
shall we? Take
action now! Scroll to
the top of this page
and click the 'Buy
Now' button.**

**Understand the
"why" and "how"
behind legendary
leaders by using the**

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On What Matters
*new science of
mindfulness to
reclaim your
confidence.*

*Are you one of
those people who
are always
distracted or unable
to work effectively?
Or maybe, you're the
multitasking type?
Do you need to get
your focus into
check, to make sure*

Acces PDF Master
Your Focus Focus
On What Matters
***you are as
successful as you
can be? If so, keep
reading! Today, it is
easier than ever
before to become
distracted. We have
work to do. We get
emails in our
pockets when we
are home with
family. We have
access to the
entirety of the***

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*On What Matters
Ignore The Rest
Speed Up Your
Success*

***internet if we don't
want to work... The
end result is
procrastination and
a staunch lack of
productivity from all
involved. In this
world, being able to
focus is something
that everyone
needs. It will keep
you on track. It will
help you achieve
your goals. It will***

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Success*

***teach you to better
your skills in any
way that you can. If
you want to be able
to boost your skills,
you will need to
ensure that your
ability to stay on
task without being
distracted is as
powerful as
possible. Focus and
the attention span of
people are at an all***

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On What Matters
time low--there is a

very good chance

that, even if you

don't admit it, you

are currently

struggling yourself!

As you read through

this guide to focus,

you will discover

everything that you

will need to know

about why focus

matters, what

challenges it, and

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***how you can build
and maintain it. As
you read through
this book, you will
be encouraged to
take control of your
own attention and
focus--you will be
shown several
simple changes that
you can make to
your own life that
will help you to
become highly***

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focused. In particular, you will find information such as: How important focus is in just about every aspect of your life. What you can do to recognize that focus will dictate productivity every time. How we have several different types of focus and

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***what they do. How
to begin identifying
what you want and
what your purpose
in life is so you can
begin pushing your
focus harder. How
to set goals and
stick to them to help
yourself to succeed.
The importance of
scheduling and fine-
tuning that schedule
in ways that work***

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Ignore The Rest
Simplify Your
Success

***for you. What you
can do to defeat
multitasking. How to
protect your focus
through cutting out
some of the biggest
threats to it, in ways
you might be
surprised. AND
MORE! If you are
ready to take control
of your own ability
to focus once and
for all, then this***

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On What Matters

*book will help you. It
will help you to start*

*implementing those
tips and tricks so*

*you can become
focused and*

*succeed in whatever
you set out to do as*

*well. Don't waste
another minute -*

*Scroll up now and
hit "BUY NOW!"*

*Live the Smart
Lifestyle to Master*

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***Your Mind and
Succeed Faster If***

***you want to develop
a higher functioning
mind, this collection
of books is what you
need. Inside, you
will learn to improve
your focus, learning
ability, thinking
skills, and to adopt
smarter habits in
your life. Ultimately,
this will help you to***

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*be more productive
and speed up your
path to success.*

*Now, you can get
SIX of I. C.*

*Robledo's books at
up to 67% Off the
normal price. This
includes: - The
Intellectual Toolkit
of Geniuses - Master
Your Focus - The
Smart Habit Guide -
No One Ever Taught*

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On What Matters

*Me How to Learn -
55 Smart Apps to*

Level Up Your Brain

- Ready, Set,

Change In The

Intellectual Toolkit

of Geniuses: 40

Principles that Will

Make You Smarter

and Teach You to

Think Like a Genius,

you will learn to

think like Leonardo

da Vinci, Albert

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Einstein, & Charles Darwin. The principles of such geniuses will help you learn to solve challenging problems, broaden your mental horizons, and unleash your true potential. In Master Your Focus: Focus on What Matters, Ignore the Rest, &

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On What Matters

***Speed up Your
Success, you will
learn to multiply
your focus and
productivity without
feeling
overwhelmed. Now,
you can gain full
control over your
mind to focus on
what you want,
when you want, and
stop losing the fight
against distraction***

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and procrastination.

*In The Smart Habit
Guide: 37 Small Life
Changes Your Brain
Will Thank You for
Making, you will
learn to think, work,
and be smarter.*

*Smart habits are
simply the habits
smart people apply
in their lives to keep
the mind and brain
in top shape. The*

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On What Matters
*more you apply
them, the smarter
you will become. In
No One Ever Taught
Me How to Learn:
How to Unlock Your
Learning Potential
and Become
Unstoppable, you
can advance from
being a poor learner
to being a pro-
learner. Knowing
how to learn is*

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***probably the most
important skill you
can have. Now you
will be able to learn
anything you want
without struggling
so much. In 55***

***Smart Apps to Level
Up Your Brain: Free
Apps, Games, and
Tools for iPhone,
iPad, Google Play,
Kindle Fire, Web
Browsers, Windows***

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On What Matters

***Phone, & Apple
Watch, now you can
build up your brain
the easy way and
have fun while doing
it. You will discover
a collection of apps,
games, and tools to
easily improve your
memory, focus,
thinking speed,
vocabulary, and
much more. In
Ready, Set, Change:***

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***The Power of Simple
Experiments to***

***Create the Life You
Want, you will***

***discover a powerful
system to change
your life around. It is
easy to get caught
in a rut, and do the
same things day in,
day out. But the
path toward
improvement lies in
making small life***

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*changes until we get
the results we*

desire. I. C. Your

*Robledo's Smart
Life Book Bundle*

*will systematically
teach you how to
take your mind to a
higher level so you
can start living the
smart life. Inside,
you will discover
evidenced-based
tips and strategies*

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*that you can apply
right now to unlock
your intellectual
potential. Pick up*

*your copy today by
scrolling to the top
of the page and
clicking BUY NOW.*

*Smart Life Book
Bundle*

*A Practical Guide to
Stop Chasing the
Next Thing and
Focus on What*

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On What Matters
Ignore The Rest
Speed Up Your
Success

***Matters Until It's
Done
Master of One
Manage Your
Attention To Master
Your Time And
Focus: Fast Focus
Research
Indistractable
Focus on What
Matters, Ignore the
Rest, and Speed Up
Your Success***

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Overhaul your approach to concentration and productivity using strategic, science-proven methods to save hours a day and achieve twice as much. Your current focus and productivity tactics might be “adequate.” But they will never be great or reach their potential if

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*On What Matters,
Ignore The Rest,
Simplify Your
Success*

*you don't understand
how your psychology
and physiology work
together to affect your
focus. Short circuit
your brain into instant
focus. FOCUS
MASTER looks at
focus in a
revolutionary new
way, and sheds light
on studies both new
and old that lead to
the path of massive*

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productivity and conquering of goals. It is a holistic view of how focus can be tackled from every angle of a person's life. Other books will tell you to simply ditch your phone, stop multi-tasking, and sleep more. Is that really helpful information, or is it just common sense? Here, even

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the concept of focus is re-defined, and you will learn a plethora of actionable ways to integrate science into your daily life. Clear your mind, sit, and grind. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has

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worked with dozens of individuals to unlock their potential and path towards success.

His writing draws on his academic, coaching, and research experience.

Defeat distractions and get “into the zone” on command. •Master the foundations of discipline and willpower. •Set goals

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that inevitable. • The biological basis behind procrastination.

• Managing energy, your circadian rhythm, and nature's schedule. Stop procrastinating and do more in half the time.

• How to effectively "single task." • How to prime your mental engine. • To-do lists,

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*priority lists, don't do
lists, and all you need
to keep you
accountable and on
track.*

*Master Your FocusA
Practical Guide to
Stop Chasing the Next
Thing and Focus on
What Matters Until It's
Done*

*"In Master Your
Motivation, you'll
discover: the one*

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Ignore The Rest
Succeed In Your
Success*

*thing to do right now
to get your motivation
back; 2 simple yet
powerful strategies to
regain your
motivation, a simple
method to boost your
self-esteem and
turbocharge your
motivation, a powerful
framework to build
momentum and
sustain motivation
long-term, and much*

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more.. "--Back cover.

*Can I Have Your
Attention?* is not your
traditional self-help
book that offers 12
simple steps to
enhance brainpower.
Nor is it a book on
Eastern Wisdom,
spirituality, or
conventional
meditation. It is an eye-
popping adventure
that combines ancient,

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Succeed In Your
Success*
*high-speed attention-
building processes
with cutting-edge
attention research in
psychology,
neurology, and
biology. Through
Joseph Cardillo's
engaging personal
account of the world
of human
attention—which
synthesizes the
stories of more than*

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two dozen experts—you will uncover surprising secrets about the workings of your own mind. Did you know that: — You can use your attention to perfect any daily activity—from piano playing to work-related activities to perfecting your golf swing? — In just one-

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Success

six-hundredth of a second, a random detail you glimpse in the corner of your eye can determine whether you like someone you just met, cause or avoid an accident, make you feel happy or depressed all day, and lead you to succeed or fail at anything you try? —

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Specifically designed meditation techniques can be used to scan and shift brain waves, altering one's attention as effectively as electrode-packed biofeedback instruments? — Most importantly, you can train your attention to turn such processes on or off on command? This fresh

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On What Matters
look at ancient
Ignore The Rest
Speed Up Your
Success
attention skills and
new science will
transform your
thinking about what
human attention is as
well as offer a guide to
incorporating its
insights into your daily
life. *Can I Have Your
Attention?* even
presents a redefinition
of attention deficit and
reveals a variety of

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*natural, non-medical
tools that can*

*significantly amp up
anyone's attention!*

*Do you keep flitting
from one goal to
another? Do you
hustle without having
much to show for your
efforts? Author*

*Thibaut Meurisse
presents a hands-on
companion to his
book Master Your*

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Focus: A Practical Guide to Stop Chasing the Next Thing and Focus on What Matters Until It's Done. Master Your Focus is your 'how-to' manual to improve your focus. With the help of this personal workbook, you'll be able to integrate the lessons from the book more deeply. As a

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*result, you'll start
developing laser-
sharp focus, which will
help you skyrocket
your results. The
Master Your Focus
Personal Workbook
will help you:*

*Understand what true
productivity really is
Stop jumping from
one thing to the next
and finally complete
your key tasks.*

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Ignore The Rest

*Achieve more by
doing less*

*Dramatically reduce
your learning curve*

*And much more If you
want practical*

*exercises to help you
develop a laser-sharp
focus and skyrocket
your productivity,*

you'll love Master

*Your Focus Personal
Workbook. This is the
perfect companion to*

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On What Matters
Ignore The Rest
Stick Up Your
Success

*Master Your Focus.
A Practical Guide to
Unstick Yourself,
Build Momentum and
Sustain Long-Term
Motivation*

*Focus: Best Ways to
Improve Your
Concentration and
Improve Your
Learning
Mastery*

*An Acting Master for
the Twenty-First*

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On What Matters
Century
Ignoring The Rest
The Ultimate Guide
The Power of Focus,
Discover The Secrets
on How You Can
Improve and Master
Your Focus In Order
to Unlock Your Inner
Greatness
Deep Work
Turbo-charge Your
Concentration,

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Speed Up Your

Success

*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*

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*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.*

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*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*

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*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*

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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

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*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*

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*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

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*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*

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*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*

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*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*

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*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*

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*distractions at bay,
make better
decisions and*

*Achieve your goals
faster ! Scroll to the
top of the page and
click the "BUY
NOW" button!*

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1998. Routledge is
an imprint of Taylor
& Francis, an
informa company.*

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Ignore The Rest

Speed Up Your

Success

*Think Smarter,
Create Better
Strategies, and Get
Results Beyond
Your Expectations.*

*Does reality fail to
meet your
expectations? Do
you fall short of your
goals over and over
again? Do you feel
overwhelmed,
unsure what the*

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Success

*best course of
action to follow
next? If so, Master
Your Thinking is for
you Author and
coach, Thibaut
Meurisse, wants you
to think smarter so
that you can take
better actions and
reach your goals
faster. In his latest
book, you'll learn a*

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*step-by-step method
to think more
effectively so that
you can develop
reliable strategies
and finally achieve
tangible results. In
Master Your
Thinking, you'll
discover: Why your
current thinking is
flawed (and what
exactly you can do*

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On What Matters

about it) How to
create highly

effective strategies

that deliver

incredible results 5

common biases that

distort your thinking

(and how to

overcome them) 11

powerful questions

that will turn you into

a super thinker The

secrets to align

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On What Matters
yourself with reality

*Ignore The Rest
and get tangible*

*Speed Up Your
results And much*

more. Master Your

Thinking is your

must-read guide to

help you think more

accurately so you

can finally achieve

your goals. If you

like easy-to-

understand

strategies, practical

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exercises, and no-nonsense teaching, you will love this

book. Buy Master Your Thinking

today, and you will think better and get better results! This

is book five in the Mastery Series. The first four are: Book 1

- Master Your Emotions A

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*Practical Guide to
Overcome*

Negativity and

*Better Manage Your
Feelings. Book 2 -*

*Master Your
Motivation A*

Practical Guide to

Unstick yourself,

Build Momentum

and Sustain Long-

Term Motivation.

Book 3 - Master

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On What Matters

*Your Focus A
Practical Guide to
Stop Chasing the*

Next Thing and

*Focus on What
Matters Until It's*

Done. Book 4 -

Master Your Destiny

A Practical Guide to

Rewrite Your Story

and Become the

Person You Want to

Be.

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Ignore The Rest

*The book Lifehack
calls "The Bible of
business and*

personal

productivity." "A

*completely revised
and updated edition*

of the blockbuster

bestseller from 'the

personal

productivity

guru" —Fast

Company Since it

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was first published almost fifteen years ago, David Allen's Getting Things Done has become one of the most influential business books of its era, and the ultimate book on personal organization. "GTD" is now shorthand for an entire way of

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On What Matters

approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important

Acces PDF Master
Your Focus Focus

On What Matters
Ignore The Rest
Speed Up Your
Success

*perspectives on the
new workplace, and
adding material that
will make the book
fresh and relevant
for years to come.*

*This new edition of
Getting Things
Done will be
welcomed not only
by its hundreds of
thousands of
existing fans but*

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also by a whole new generation eager to adopt its proven principles.

How long can you focus on an activity without getting distracted? With every "ding" on your computer or phone, are you tempted to look at the new email or text

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Ignore The Rest
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message? As a professional, a business person, a student or a stay-at-home parent, you always have a lot on your plate. Staying focused can be quite a challenge with all the distractions around. How can you survive this deluge

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*On What Matters
Ignore The Rest
Speed Up Your
Success*

*of distractions and
accomplish what
you set out to do in
your day?*

*Developing focus is
a skill that can be
learned. Bear in
mind that an
unrelenting focus is
the only mantra to
get going and get
anything done.*

Think of The

Acces PDF Master
Your Focus Focus
On What Matters

*Winning You as
your cheat sheet to
mastering this skill.*

*The Winning You
does not talk about
getting rid of your
gadgets. It does not
talk about living a
minimalist life.*

*Rather, it includes
simple and easy-to-
grasp techniques
that have been*

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derived from the author's personal experiences and adaptations. These techniques have been tried and tested successfully over the years. The book is replete with action-oriented ideas and tips that you can implement straight away. When

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On What Matters

*followed diligently,
these techniques
are sure to help you
master your focus.*

Master Your Focus

Master Your

Thinking

Can I Have Your

Attention?

Keep Focus Guide

Master Your Focus

& Destiny

THE WINNING

Acces PDF Master
Your Focus Focus
On What Matters
YOU

*Find and Focus on
the Work You Were
Created to Do*

From the
bestselling author
of *The 48 Laws of
Power* and *The
Laws of Human
Nature*, a vital
work revealing
that the secret to
mastery is

Access PDF Master Your Focus Focus

On What Matters

already within
you. Each one of

us has within us

the potential to

be a Master.

Learn the secrets

of the field you

have chosen,

submit to a

rigorous

apprenticeship,

absorb the hidden

knowledge

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Ignore The Rest
Speed Up Your
Success

possessed by
those with years
of experience,
surge past
competitors to
surpass them in
brilliance, and
explode
established
patterns from
within. Study the
behaviors of
Albert Einstein,

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Success

Charles Darwin,
Leonardo da Vinci
and the nine
contemporary
Masters

interviewed for
this book. The
bestseller author
of The 48 Laws of
Power, The Art of
Seduction, and
The 33 Strategies
of War, Robert

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Greene has spent a lifetime studying the laws of power. Now, he shares the secret path to greatness. With this seminal text as a guide, readers will learn how to unlock the passion within and become masters.

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Read the Wall
Street Journal
Bestseller for
"cultivating
intense focus" for
fast, powerful
performance
results for
achieving success
and true meaning
in one's
professional life
(Adam Grant,

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On What Matters

author of Give
and Take). Deep
work is the ability
to focus without
distraction on a
cognitively

demanding task.
It's a skill that
allows you to
quickly master
complicated

information and
produce better

Acces PDF Master Your Focus Focus

On What Matters

results in less
time. Deep Work

Ignore The Rest
Speed Up Your

Success
will make you

better at what
you do and

provide the sense

of true fulfillment

that comes from

craftsmanship. In

short, deep work

is like a super

power in our

increasingly

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Ignore The Rest
Speed Up Your
Success

competitive
twenty-first
century economy.
And yet, most
people have lost
the ability to go
deep—spending
their days instead
in a frantic blur of
e-mail and social
media, not even
realizing there's a
better way. In

Acces PDF Master Your Focus Focus

On What Matters

Deep Work,
author and
Ignore The Rest

professor Cal
Speed Up Your

Success
Newport flips the

narrative on

impact in a

connected age.

Instead of arguing

distraction is bad,

he instead

celebrates the

power of its

opposite. Dividing

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Ignore The Rest
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Success

this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a

Access PDF Master Your Focus Focus On What Matters

series of four
"rules," for
transforming your
mind and habits
to support this
skill. 1. Work
Deeply 2.
Embrace
Boredom 3. Quit
Social Media 4.
Drain the
Shallows A mix of
cultural criticism

Acces PDF Master Your Focus Focus

On What Matters

and actionable
Ignore The Rest
advice, Deep

Work takes the
Speed Up Your

Success
reader on a

journey through

memorable

stories-from Carl

Jung building a

stone tower in the

woods to focus

his mind, to a

social media

pioneer buying a

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Success

round-trip
business class
ticket to Tokyo to
write a book free
from distraction
in the air-and no-
nonsense advice,
such as the claim
that most serious
professionals
should quit social
media and that
you should

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On What Matters
Ignore The Rest
Speed Up Your
Success

practice being
bored. Deep Work
is an

indispensable
guide to anyone
seeking focused
success in a
distracted world.
An Amazon Best
Book of 2016 Pick
in Business &
Leadership Wall
Street Journal

Access PDF Master
Your Focus Focus
On What Matters

Business

Bestseller A

Business Book of

the Week at

800-CEO-READ

This is How You

Unlock Freedom,

Joy and

Satisfaction. Learn

the art of working

less and

accomplishing

more. Have more

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Speed Up Your
Success

free time for your
passions while
aggressively
chasing the life of
your wildest
dreams. Today's
world is one of
constant
hyperactivity,
fresh information,
and yes -
distraction. With
all the news and

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Success

social media
applications
constantly
buzzing in your
ear, it's no
wonder that you
can't get anything
done. Did you
know that the
average human
being has an
attention span of
only 8 seconds? A

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significant drop from the previous 12 seconds in the year 2000. The world is becoming more and more distracting. This isn't necessarily your fault. Your brain is hard-wired for distraction to stay alive, remnants of

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Success

predators
randomly
choosing to
attack you. This
only leads to
procrastination.
Although it might
not be entirely
your fault, the
time lost is
valuable, and it is
you who
suffers. With 12

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On What Matters,
Ignore The Rest
Speed Up Your
Success

simple steps, you
can gain control
of your life and
achieve ultimate

satisfaction. In
Ultimate Focus:
The Art of
Mastering
Concentration,
you'll
discover: How
your mind is
limitless How to

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Ignore The Rest
Speed Up Your
Success

raise your IQ with
scientifically
proven real-life
exercises How to
shift your daily
habits into ones
that mindlessly
generate
success How
innovative
technology is
your greatest
tool, not the

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enemyMental
minimalism hacks

to fuel productivit

yScientific insight

for optimizing

your life for the

deepest focusThe

#1 way to clear

brain fog that is

slowing you

downHow

"pleasure fasting"

will set you free?

Acces PDF Master
Your Focus Focus
On What Matters
and much
more.Ultimate
focus is the
secret to

cherishing the
journey of
fulfilling your life
purpose.What will
you do with all
your extra free
time? Pursue a
crazy new hobby,
travel more,

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Success

watch a sunset
with old friends,
and skyrocket
your bank
account balance.

The choice is
yours. Now with
just minutes a
day, using the
science of
concentration,
you can take
back control of

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On What Matters

your time and
achieve new
heightened levels
of ultimate
freedom.

Multiply Your
Focus And
Productivity
Without Feeling
Overwhelmed
Imagine if you
could sit down,
keep your mind

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Ignore The Rest
Speed Up Your
Success

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

Acces PDF Master
Your Focus Focus
On What Matters
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

Access PDF Master Your Focus Focus

On What Matters

to experiment
Ignore The Rest
with different
Speed Up Your
techniques until

Success
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.

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On What Matters

Ignore The Rest
Speed Up Your
Success

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

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On What Matters
Ignore The Rest
on one task - Why
Internal

Speed Up Your
Success
Motivation will
help you focus in
the long-term -

How to stop
Disruptive Ideas
before they
become big
distractions
Get
your focus in gear
and turn your
goals into a

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Success

reality with

Master Your

Focus. Pick up

your copy today

by scrolling to the

top of the page

and clicking BUY

NOW.

What is your one

thing? The

entrepreneur,

thought leader,

and best-selling

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On What Matters

author of Called
Ignore The Rest
Speed Up Your
Success

to Create offers a
refreshing

invitation: stop
trying to do it all
so you can thrive
in your unique,
God-given work.

"A compelling
case for
embracing our
vocational limits
and choosing to

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On What Matters

do our one thing
well." —Emily P.

Freeman, Wall

Street Journal

best-selling

author of The

Next Right Thing

Imagine how

different your life

would be if you

spent your time

doing the very

thing that brings

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On What Matters
Ignore The Rest
Speed Up Your
Success

you the greatest
joy. It's possible,
but most people
spend their days

making
incremental
advances on
numerous tasks,
competent at
many things but
exceptional at
none. That's
because for too

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Success

long we've
believed the lie
that more
activity, more
jobs, and more
responsibility
equals greater
effectiveness. In
short, we are
becoming a
society of "jacks-
and-jills-of-all-
trades and

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On What Matters.
masters of none.”

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Success

But what if you could shift your focus from too many things to one? In this thought-provoking book, you'll discover the exponential power of pursuing a singular craft.

Through practical

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principles, Jordan Raynor provides straightforward steps for finding and thriving in your calling. He also highlights more than a dozen real-life examples of high-impact individuals who have chosen to focus on and

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Success

excel in their
unique gifting,
including: □

Chronicles of
Narnia author C.

S. Lewis □ Enron

whistle-blower

Sherron Watkins

□ TV legend

Mister Rogers □

Dallas Mavericks

CEO Cynthia

Marshall □ Reality

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On What Matters

TV star Chip
Gaines □ NFL Hall
of Fame coach

Tony Dungy □

Biblical figures, a
teacher, a pilot, a
banker, and world-
class

entrepreneurs

Too many of us
are overwhelmed,
overcommitted,
and overstressed.

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Success

This book offers a better way—the path to becoming a master of one!

Rules for Focused
Success in a
Distracted World
A Practical Guide
to Rewrite Your
Story and
Become the
Person You Want
to Be

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Success

Developing Focus
and Discipline in
Your Life Master
Any Skill or
Challenge by
Learning to Love
the Process
Focus Master
Unlock the
Superpower of
the Ultra
Successful [in 3
Phases]

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On What Matters

The Surprisingly
Simple Truth

Ignore The Rest
Behind

Speed Up Your
Success

Extraordinary
Results

The Science of
Powerful Focus

**Overhaul your
approach to
concentration
and productivity
using strategic,
science-proven**

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Speed Up Your
Success

**methods to save
hours a day and
achieve twice as
much. Your
current focus
and productivity
tactics might be
"adequate." But
they will never be
great or reach
their potential if
you don't
understand how
your psychology**

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Success

**and physiology
work together to
affect your focus.**

**Short circuit
your brain into
instant focus.
FOCUS MASTER
looks at focus in
a revolutionary
new way, and
sheds light on
studies both new
and old that lead
to the path of**

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On What Matters

**massive
productivity and
conquering of
goals. It is a
holistic view of
how focus can be
tackled from
every angle of a
person's life.**

**Other books will
tell you to simply
ditch your phone,
stop multi-
tasking, and**

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Your Focus Focus
On What Matters
Ignore The Rest
Speed Up Your
Success

**sleep more. Is
that really
helpful
information, or is
it just common
sense? Here,
even the concept
of focus is re-
defined, and you
will learn a
plethora of
actionable ways
to integrate
science into your**

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Your Focus Focus

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Ignore The Rest
Speed Up Your
Success

**daily life. Clear
your mind, sit,
and grind. Nick
Trenton grew up
in rural Illinois
and is quite
literally a farm
boy. His best
friend growing
up was his trusty
companion
Leonard the
dachshund. RIP
Leonard.**

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On What Matters
Ignore The Past
Speed Up Your
Success

**Eventually, he
made it off the
farm and
obtained a BS in
Economics,
followed by an
MA in Behavioral
Psychology.**

**Defeat
distractions and
get "into the
zone" on
command.**

-Master the

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Your Focus Focus
On What Matters
Ignore The Rest
Sped Up Your
Success

**foundations of
discipline and
willpower. -Set
goals that
inevitable. -The
biological basis
behind
procrastination.
-Managing
energy, your
circadian
rhythm, and
nature's
schedule. Stop**

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On What Matters
**procrastinating
and do more in
half the time.**

-How to

effectively

"singletask."

-How to prime

your mental

engine. -To-do

lists, priority

lists, don't do

lists, and all you

need to keep you

accountable and

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Your Focus Focus
On What Matters
on track.

**Let go of who you
are to become
who you're
destined to be.**

**Are you tired of
settling for less
than you can be?
Do you believe
you're destined
to achieve
greater things?
Are you hungry
for more in life?**

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Your Focus Focus
On What Matters

**If so, Master
Your Destiny is
for you. Author
and coach,
Thibaut
Meurisse, wants
you to be the
hero of your
story. In his
latest book,
you'll learn a
step-by-step
method to
replace**

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Ignore The Rest
Speed Up Your
Success

**disempowering
thought patterns
with empowering
ones so that you
can finally
become the
person you want
to be. In Master
Your Destiny,
you'll discover:
How the story
you tell yourself
prevents you
from living the**

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Your Focus Focus
On What Matters
Ignore The Rest
Speed Up Your
Success

**life you want
Why your current
story is fiction
(and how to
replace it with a
better one) Five
powerful models
of reality that
will transform
your outlook on
life How to
design an
empowering
environment that**

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On What Matters
Ignore The Rest
Speed Up Your
**brings the best
out of you And
much more.**

**Master Your
Destiny is your
must-read guide
to empower
yourself and
become the
master of your
destiny. If you
like easy-to-
understand
strategies,**

Acces PDF Master
Your Focus Focus
On What Matters

**practical
exercises, and no-
nonsense
teaching, you will
love this book.**

**Buy Master Your
Destiny today
and change your
destiny.**

**Discover the
revolutionary
antidote to
overload and
exhaustion Have**

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Success

**you tried
everything to
become more
productive—but
you're still too
busy and
stressed? That's
because the old
approaches to
productivity just
don't work in
today's fast-
paced, tech-
driven**

Acces PDF Master
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On What Matters
workplaces.

What does work?

Time Up Your

**management is
outdated.**

Attention

**management is
the solution you
need. Attention**

**management is
the most**

essential skill

**you need to live a
life of choice**

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On What Matters
Ignore The Rest
Succeed In Your
Success

**rather than a life
of reaction and
distraction. It's a
collection of
behaviors,
including focus,
mindfulness,
control,
presence, flow,
and other skills,
that will support
your success.
Productivity
speaker, trainer,**

Acces PDF Master
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On What Matters
and author

Maura Nevel

Thomas shows

you how to

master attention

management

with practical

strategies that

make an

immediate

impact.

Focus and

Accomplish Your

Goals TODAY

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Speed Up Your
Success

**with these Easy
Productivity
Tips! Read this
book and get a
special FREE Gift
- Download Now!
Would you like to
feel: Focused?Mo
tivated?Efficient?
Determined?and
Successful?In
Brian Cagneey's
The 7 Laws of
Focus: The #1**

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**Secret for
Excellence,
Productivity and
Radical Results ,
you'll achieve all
this and more!
Part of Brian's
well-known 7
Laws Series, The
7 Laws of Focus
can help you
become more
effective,
dedicated, and**

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**productive to get
more done.**

**Whether you
want to get out
of debt, change a
habit, or succeed
in business,
Brian's proven
and effective
focus and
concentration
tips in this book
will help you get
what you really**

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want from life!

**With your
purchase, you'll
get a FREE
BONUS e-book:
220 Principles
That the
Successful Use to
Become Wildly
Successful and
How You Can
Too! Unlike other
motivational and
productivity**

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books, The 7
Ignore The Rest
Speed Up Your
Success
wealth of
detailed and
powerful tips and
techniques to
The 1st Law of
Focus: Set up for
SuccessThe 2nd
Law of Focus: A
Lie that Holds
You BackThe 3rd
Law of Focus:

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Ignore The Rest
Succeed In Your
Success

**K.I.S.S.The 4th
Law of Focus:
Stay Focused
Until the EndThe
5th Law of Focus:
How to Achieve
AnythingThe 6th
Law of Focus: A
Question for
Never Lacking
Focus AgainThe
7th Law of Focus:
The One Thing
You Can Do for S**

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Remember
Ignore The Rest
Spread Up Your
Success

**- You don't need
a Kindle device
to read this book
- Just download a
FREE Kindle
Reader for your
computer,
smartphone, or
tablet! Do you
want to learn
how to focus so
you can get more
from your life?**

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**Are you looking
for better
results? Would
you like to get
more from your
efforts and have
more mental
toughness? In
The 7 Laws of
Focus , Brian
explains the
secret of success:
the seven
principles of**

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Speed Up Your
Success

**achieving
massive change
in your life. He
helps you get
more results
from your effort,
determination,
and mental
focus. If you're
done wasting
time and energy
and want to
improve your life
TODAY,**

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Success

**download this
powerful
guidebook
immediately!
Don't delay - Get
these powerful
tools right away
and change your
life for the
better. Scroll up
and click the
"Buy" button to
get your copy of
The 7 Laws of**

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Focus: The #1

Secret for

Excellence,

Productivity and

Radical Results

Right Away!

You'll be so glad

you discovered

these valuable

insights! DON'T

WAIT! LEARN

HOW TO FOCUS

AND BE

PRODUCTIVE AC

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**COMPLISHING
YOUR GOALS
WITH THESE 7
LAWS OF
FOCUS!**

**PURCHASE your
copy NOW Tags:
focus,
concentration,
how to focus, get
more done,
mental focus,
mental
toughness,**

Acces PDF Master
Your Focus Focus
On What Matters
Ignore The Rest
Speed Up Your
Success

**productivity
books,
productivity and
time
management,
productivity,
focus
concentration,
staying focused,
how to stay
focused**

**In those times
when we want to
acquire a new**

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Ignore The Rest
Spend In Your
Success

**skill or face a
formidable
challenge we
hope to
overcome, what
we need most are
patience, focus,
and discipline,
traits that seem
elusive or
difficult to
maintain. In this
enticing and
practical book,**

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Success

Thomas Sterner demonstrates how to learn skills for any aspect of life, from golfing to business to parenting, by learning to love the process.

Early life is all about trial-and-error practice. If we had given up

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Ignore The Rest
Speedly Your
Success

**in the face of
failure,
repetition, and
difficulty, we
would never have
learned to walk
or tie our shoes.
So why, as
adults, do we
often give up on
a goal when at
first we don't
succeed? Modern
life's**

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Ignore The Rest
Spend Your
Success

**technological
speed, habitual
multitasking,
and promises of
instant
gratification
don't help. But in
his study of how
we learn
(prompted by his
pursuit of
disciplines such
as music and
golf), Sterner has**

Acces PDF Master
Your Focus Focus
On What Matters

**found that we
have also
forgotten the
principles of
practice — the
process of
picking a goal
and applying
steady effort to
reach it. The
methods Sterner
teaches show
that practice
done properly**

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Your Focus Focus
On What Matters
Ignore The Rest
Speed Up Your
Success

**isn't drudgery on
the way to
mastery but a
fulfilling process
in and of itself,
one that builds
discipline and
clarity. By
focusing on
"process, not
product," you'll
learn to live in
each moment,
where you'll find**

Acces PDF Master
Your Focus Focus
On What Matters

**calmness and
equanimity. This
book will**

**transform a
sense of futility
around learning
something
challenging into
an attitude of
pleasure and
willingness.**

**Find Your Focus,
Master
Distraction, and**

Acces PDF Master
Your Focus Focus
On What Matters
Ignore The Rest
Speed Up Your
Success

**Get the Right
Things Done
Sharpen Your
Focus: How the
New Science of
Mindfulness Can
Help You
Reclaim Your
Confidence
The Practicing
Mind
Focus Your Way
to Fortune
Attention**

Acces PDF Master
Your Focus Focus
On What Matters

**Management
A Practical Guide
to Stop Chasing
the Next Thing
and Focus on
What Matters
Until It's Done
(Personal
Workbook)**

**A Practical Guide
to Increase Your
Productivity and
Use Your Time
Meaningfully**

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On What Matters
Ignore The Rest
Speed Up Your
Success

How long can you focus on an activity without getting distracted? With every "ding" on your computer or phone, are you tempted to look at the new email or text message? As a professional, a business person, a student or a stay-at-home parent, you

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On What Matters
Ignore The Rest
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always have a lot on your plate. Staying focused can be quite a challenge with all the distractions around. How can you survive this deluge of distractions and accomplish what you set out to do in your day? Developing focus is a skill that

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On What Matters
Ignore The Rest
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Success

can be learned. Bear
in mind that an
unrelenting focus is
the only mantra to
get going and get
anything done.

Think of The
Winning You as
your cheat sheet to
mastering this
skill. The Winning
You does not talk
about getting rid of
your gadgets. It

Acces PDF Master Your Focus Focus On What Matters

does not talk about living a minimalist life. Rather, it includes simple and easy-to-grasp techniques that have been derived from the author's personal experiences and adaptations. These techniques have been tried and tested successfully

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On What Matters
Ignore The Rest
Speed Up Your
Success

over the years. The book is replete with action-oriented ideas and tips that you can implement straight away. When followed diligently, these techniques are sure to help you master your focus.

Do You Struggle
With Staying
Focused? Do you
want to be able to

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On What Matters
concentrate better?
Ignore The Rest
Do you struggle with
Spend Up Your
lack of focus and
Success
procrastination
starts to settle in?
Are you looking to
increase your
learning capacity?
These effective
strategies and
exercises will
improve your
learning. You'll be
excited to see your

Access PDF Master Your Focus Focus

On What Matters
productivity and
Ignore The Rest
efficiency increase
dramatically

Speed Up Your
Success
allowing you to laser
in on tasks. Within
this book's pages,
you will find the
answers to these
questions and more.
Just some of the
questions and
topics include:

*Mental Exercises to
Boost

Access PDF Master
Your Focus Focus
On What Matters
Concentration*

*Methods for
Improving Learning
Capacity* *Various
Techniques to
Improve Your
Learning* *How To
Improve Your
Memory* *10 Tips
Specifically For
Concentration at
Work* This book
breaks training
down into easy-to-

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Your Focus Focus
On What Matters

understand
modules. It starts
from the very
beginning of the
science of
concentration and
how to improve it,
so you can get great
results - and be less
distracted!

Do you keep flitting
from one goal to
another? Do you
hustle without

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On What Matters

having much to
show for your
efforts? If so, it's

Ignore The Rest
Speed Up Your

Success? you to

develop laser-sharp

focus and achieve

concrete results that

will make a real

difference in your

life. Author and

coach, Thibaut

Meurisse, wants you

to reclaim your

focus. In his latest

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On What Matters

book, you'll learn
exactly how to

Ignore The Rest
Speed Up Your

Success
develop laser-sharp

focus so that you

can complete your

key projects and

achieve your major

goals. Master Your

Focus is a clear and

concise

walkthrough that

demonstrates how

to use the power of

focus to achieve

Acces PDF Master Your Focus Focus

On What Matters
tangible results.

Ignore The Rest
Using Thibaut's

Straightforward
straightforward

instructions, you'll

learn how to zero-in

on key tasks and

stick to them until

you complete them

100%. In Master

Your Focus, you'll

discover: What true

productivity really is

(and how to master

it) The 3 types of

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On What Matters
Ignore The Rest
Speed Up Your
Success

focus and how
exactly you can
develop each of
them How to stop
jumping from one
thing to the next and
finally complete
your key tasks (and
why this is so
critical) How to
dramatically reduce
your learning curve
by finding the right
information and

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Your Focus Focus
On What Matters

applying it
effectively How to
achieve more by
doing less The 17
simple strategies to
boost your focus
And much more.

Master Your Focus
is your must-read
guide to help you
sharpen your focus
and skyrocket your
results long term. If
you like easy-to-

Acces PDF Master
Your Focus Focus
On What Matters

understand

strategies, practical

exercises, and no-

nonsense teaching,

you will love this

book. Buy Master

Your Focus to

sharpen your focus

today! This book is

the third book in the

"Mastery Series"

below: Book 1 -

Master Your

Emotions A

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Your Focus Focus
On What Matters
Ignore The Rest
Speed Up Your
Success

Practical Guide to
Overcome
Negativity and
Better Manage Your
Feelings Book 2 -
Master Your
Motivation A
Practical Guide to
Unstick Yourself,
Build Momentum
and Sustain Long-
Term Motivation
Master Timeless
Success Principles

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On What Matters
and Create the

Authentic Success
Ignore The Rest

You Deserve Are
Speed Up Your

Success
you unable to get
that breakthrough

you've been waiting

for? Have you tried

countless tactics,

tricks or gimmicks

without getting the

results you desire?

If so, it's time to

skyrocket your

success rate so that

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Your Focus Focus
On What Matters

you can finally
achieve the tangible
results you're after.

Author and coach,
Thibaut Meurisse,
wants you to gain a
rock-solid
understanding of
how success works
so that you can
dramatically
enhance the
chances you
achieve goals that

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Success

matter to you. In his latest book, you'll learn key success principles that will help you create authentic success.

Master Your
Success introduces 100 timeless principles that will guide you as you work on designing the life you want.

Using Thibaut's

Access PDF Master Your Focus Focus

On What Matters

straightforward
instructions, you'll
learn how to define
what success

means to you and
will develop
strategies to
manifest that
success. In Master
Your Success, you'll
discover: Why you
must take absolute
responsibility for
your life (and how to

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Ignore The Rest
Speed Up Your
Success

do it) How to design
success on your
own terms What
success is and how
it really works How
to develop rock-
solid confidence
and achieve more
than you thought
possible How to
skyrocket your
productivity and get
more done And
much more. Master

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On What Matters

Your Success is
your must-read

guide to help you

create authentic

success in your life

and achieve your

goals. If you like

easy-to-understand

strategies, practical

exercises, and no-

nonsense teaching,

you will love this

book. Buy Master

Your Success to

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On What Matters

start creating more
success in your life

today! This is book

Six in the Mastery

Series. The other

books are: Book 1 -

Master Your

Emotions: A

practical guide to

overcome negativity

and improve the way

you manage your

feelings Book 2 -

Master Your

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On What Matters

Motivation: A
practical guide to
unstick yourself,

build momentum
and sustain long-
term motivation

Book 3 - Master

Your Focus: A

practical guide to
stop chasing the
next thing and focus

on what matters
until it's done. Book

4 - Master Your

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On What Matters
Ignore The Rest
Speed Up Your
Success

Destiny: A practical
guide to rewrite your
story and become
the person you want
to be Book 5 -

Master Your

Thinking: A practical
guide to align
yourself with reality
and achieve tangible
in the real world.

- More than 500
appearances on
national bestseller

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On What Matters
Ignores The Rest
Speed Up Your
Success

lists • #1 Wall Street
Journal, New York
Times, and USA
Today • Won 12
book awards •
Translated into 35
languages • Voted
Top 100 Business
Book of All Time on
Goodreads People
are using this
simple, powerful
concept to focus on
what matters most

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On What Matters
in their personal and
work lives. Ignore The Rest

Speed Up Your
Success
Companies are
helping their
employees be more
productive with
study groups,
training, and
coaching. Sales
teams are boosting
sales. Churches are
conducting classes
and recommending
for their members.

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On What Matters
Ignore The Rest
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Success

By focusing their energy on one thing at a time people are living more

rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and

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Your Focus Focus
On What Matters

personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work

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On What Matters

and family are
taking a toll. And
what's the cost?

Second-rate work,
missed deadlines,
smaller paychecks,
fewer

promotions--and
lots of stress. AND
YOU WANT MORE.

You want more
productivity from
your work. More
income for a better

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On What Matters
lifestyle. You want

Ignore The Rest
more satisfaction
from life, and more

Speed Up Your
Success
time for yourself,
your family, and

your friends. NOW
YOU CAN HAVE

BOTH — LESS AND
MORE. In The ONE

Thing, you'll learn to

* cut through the
clutter * achieve

better results in less
time * build

Access PDF Master Your Focus Focus

On What Matters,
Ignore The Rest
momentum toward
your goal* dial down
the stress *

overcome that
overwhelmed feeling
* revive your energy
* stay on track *
master what matters
to you The ONE
Thing delivers
extraordinary
results in every area
of your life--work,
personal, family,

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Your Focus Focus
On What Matters
and spiritual.

Ignore The Rest
WHAT'S YOUR ONE
THING?

18 Minutes

The ONE Thing

How to Control Your
Attention and

Choose Your Life

2 Books in 1

How to Focus Your
Mind: 7 Easy Steps
to Master

Concentration

Techniques,

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Your Focus Focus
On What Matters
Attention
Management &
Staying Focused
Fearless Leaders
Master Your Destiny

*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*

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Your Focus Focus
On What Matters

*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*

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Your Focus Focus

On What Matters,
Ignore The Rest
Speed Up Your
Success

*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*

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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

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On What Matters
secret to success.

*You've got the
opportunity to do the
same right now!*

*Master Your Focus:
The Ultimate Guide
The Power of Focus,
Discover The Secrets
on How You Can
Improve and Master
Your Focus In Order
to Unlock Your Inner
Greatness Do you*

Acces PDF Master
Your Focus Focus

*On What Matters
Ignore The Rest
Speed Up Your
Success*

*find yourself being
distracted easily and
unable to focus on
your task? Do you
find yourself stopping
from work to
constantly check your
phone just to check
various social media
sites or maybe you
want to see the score
of a game? It has
become difficult to*

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On What Matters

*maintain our focus
and concentration*

*nowadays because of
the constant*

distraction in this

noisy world we're

*living in now. This is
affecting our*

productivity in work

and also our personal

lives. There are many

things you can do to

improve your focus in

Acces PDF Master
Your Focus Focus
On What Matters

*order to be more
productive. This book
will teach you
techniques and
effective methods of
being able to avoid
distractions and
master your focus to
get more things done.
You will discover
strategies to have
unbreakable focus
that can help you be*

Acces PDF Master
Your Focus Focus
On What Matters
more and do more.

*This book will teach
you about the
following: "FOCUS"*

*Defined Escaping the
Busy Trap*

Reclaiming Your

Time Benefits of

Being Focused How

Highly Successful

People Develop Self-

Discipline Strategies

to Building

Acces PDF Master
Your Focus Focus

On What Matters
Unbreakable Focus

Why Should You

Ignore The Rest
Speed Up Your
Focus on One Thing

Success
At a Time Online

Tools for Laser Focus

*It is inevitable to have
those moments*

wherein no matter

how focused you are,

a stray thought would

come that would

distract you from

your task at hand.

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Your Focus Focus
On What Matters

*But what is important
is you know how to
handle these
distracting thoughts
and can go back to
focusing on the more
important things that
matter. if you want to
learn more on how
you can master your
focus and improve
your concentration,
scroll up and click*

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Your Focus Focus
On What Matters

"add to cart" now.

*Ignore The Rest
Speed Up Your
Success*

*Do you get easily
distracted? Does it
impact your work and
personal life? Would
you like to be able to
get more done in a
shorter period and
have more time to
enjoy life? Staying
focused on a task and
seeing it through to
the end without being*

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Your Focus Focus

On What Matters
Ignore The Rest
Speed Up Your
Success

*distracted by trivial
nonsense can be a
challenge. Most of us
fail to greater or
lesser degrees, but
imagine if you could
find a way to stay the
course on a specific
job and complete it
without interruption?
This is what the Keep
Focus Guide book
does for you. In this*

Acces PDF Master
Your Focus Focus
On What Matters

*Keep Focus Guide
book, you'll discover:*

*- The 10 obstacles
that are crippling
your ability to
concentrate - How to
truly know whether
you have a focus
problem - The 11
workspace tweaks
that'll help you reach
a flow state - A simple
workflow method that*

Acces PDF Master
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On What Matters
*can double your
productivity - How to
use music to help you
get into the zone (and
the BEST type of
music to use) - How
to manage your email
without letting it
destroy your focus -
How to avoid
meetings that hobble
your concentration -
The one workflow*

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On What Matters

*method scientists
claim increases
productivity without*

*fail - A surprising
(and simple!)*

technique that'll

instantly increase

your focus - How to

arrange your day to

take maximum

advantage of your

fluctuating energy

levels - How to stop

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Your Focus Focus
On What Matters
*others from
interrupting you
without hurting their
feelings - How to
leverage your brain's
love for routine to
achieve hyperfocus -
How to evict your
inner perfectionist
and produce higher-
quality work - Why
caffeine is hurting
your focus (and how*

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On What Matters

*to make it work for
you!) - BONUS: The
5 secrets to*

*maintaining your
focus at Starbucks*

*You have to be
productive. But
productive doing
what? Your time is*

*one of your most
valuable assets. Every
day, you're using time
to either move closer*

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Success

*to your goals or away
from them. When you
continue to misuse
your time, you move
further away from the
ideal life you hope to
create. But it doesn't
have to be that way.
You can learn to
make both
meaningful and
effective use of your
time. And, as you do*

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On What Matters
Ignore The Rest
Speed Up Your
Success

*so, you will suddenly
feel as though you're
doing what you
should be doing with
your time. In Master
Your Time, you'll
discover how to make
both a meaningful
and an effective use
of your time. This will
help you make ensure
you're living a
fulfilling life that*

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Speed Up Your
Success

*you're proud of and
excited about. More
specifically, you'll
learn: Practical tips
to beat
procrastination and
move forward with
your goals The one
myth that prevents
you from mastering
your time How to
reclaim thousands of
hours of your time*

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Success

*and utilize them to
achieve your goals
and dreams How to
create a productivity
system that works for
you so that you can
stick to it long-term
The seven criteria
that will ensure you
use your time
meaningfully both at
work and in your
personal life, and*

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On What Matters

*much more. Master
Your Time is your
must-read guide to
help you make the
most of your time. If
you like easy-to-
understand strategies,
practical exercises,
and no-nonsense
teaching, you will
love this book. Buy
Master Your Time
today, and learn how*

Acces PDF Master
Your Focus Focus
On What Matters

*to use your time
meaningfully and
effectively. This is*

book seven in the

Mastery Series. The

first six are: Book 1 -

Master Your

Emotions A practical

guide to overcome

negativity and

improve the way you

manage your feelings.

Book 2 - Master Your

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Success

***Motivation A
practical guide to
unstick yourself,
build momentum and
sustain long-term
motivation. Book 3 -
Master Your Focus A
practical guide to stop
chasing the next
thing and focus on
what matters until it's
done. Book 4 - Master
Your Destiny A***

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On What Matters
*practical guide to
rewrite your story and
become the person
you want to be. Book
5 - Master Your
Thinking A practical
guide to align
yourself with reality
and achieve tangible
results in the real
world. Book 6 -
Master Your Success
Timeless principles to*

Acces PDF Master
Your Focus Focus
On What Matters

*develop inner
confidence and create
authentic success*

Book 7 - Master Your

Beliefs A Practical

Guide to Stop

Doubting Yourself

and Build

Unshakeable

Confidence

Based upon his

weekly Harvard

Business Review

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*columns (which is
one of the most
popular columns on
HBR.com, receiving
hundreds of
thousands of unique
page views a month),
18 MINUTES clearly
shows how busy
people can cut
through all the daily
clutter and
distractions and find*

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*a way to focus on
those key items which
are truly the top
priorities in our lives.*

*Bregman works from
the premise that the
best way to combat
constant and
distracting
interruptions is to
create productive
distractions of one's
own. Based upon a*

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series of short bite-sized chapters, his approach allows us to safely navigate through the constant chatter of emails, text messages, phone calls, and endless meetings that prevent us from focusing our time on those things that are truly important to us.

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On What Matters

*Mixing first-person
insights along with
unique case studies,*

*Bregman sprinkles
his charming book
with pathways which
help guide us --*

*pathways that can get
us on the right trail in
18 minutes or less.*

*Master Your Success
Focus on What*

Matters, Ignore the

Acces PDF Master
Your Focus Focus

Rest, & Speed up

Your Success

Super Focus

A Practical Guide to

Align Yourself with

Reality and Achieve

Tangible Results in

the Real World

Focus Master: 37

Tips to Stay Present,

Ignore Distractions,

and Finish the Task

at Hand

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On What Matters

Hyperfocus

Master Your Time

Learn Powerful

Techniques to

Master your

Focus, Command

your

Concentration,

Control your

Attention, Think

Intelligently, Be

Laser Focussed &

Skyrocket Your

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Your Focus Focus

On What Matters
Ignore The Rest
Speed Up Your
Success

*Productivity to
Achieve faster
Results! Do you
find yourself
struggling with
concentration
and don't know
how to focus? Do
you wonder why
despite working
hard, you are not
able to master
your success?*

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On What Matters

Ignore The Rest

Speed Up Your

Success

Imagine how your life would change if you could enhance your attention span? What if you have access to the most effective productivity tools used by all the business legends like Elon Musk, Bill Gates, Larry

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On What Matters
Ignore The Rest
Speed Up Your
Success

*Page, and Warren
Buffet? How will
it be to know the
super*

productivity

habits of

celebrities like

Arnold

Schwarzenegger,

Sachin

Tendulkar, and

Sourav Ganguly?

Imagine knowing

Acces PDF Master
Your Focus Focus
On What Matters
*super tips to
focus, which can
help you work
faster & better?
Focus Your Way
To Fortune is
your most
comprehensive
guide with highly
effective focus
and
concentration
strategies to help*

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Ignore The Rest
Speed Up Your
Success

*you learn how
Focus can help
you become a
better version of
yourself and
make a fortune.
Here is what you
will learn in
Focus Your Way
to Fortune: Why
is Focus the
essential skill for
success in life?*

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Success

*Know the Top 3
factors having a
key impact on
your ability to
concentrate.*

*Understand the
concepts of Micro-
Focus & Macro-
focus, their
importance, and
their application
in our life. Know
what is Focus of*

Acces PDF Master
Your Focus Focus
On What Matters
*the Fortune
pyramid & how
its application
can transform
your life.*

*Understand what
is Focus-Success
equation and its
relevance for you.
Know the TOP 12
reasons which
cause distraction
at the workplace*

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On What Matters
Ignore The Rest
Speed Up Your
Success

*and the simple
yet effective ways
to overcome
them. How to
stop jumping
from one thing to
the next and
finally complete
your essential
tasks (and why
this is so critical)
How to achieve
more by doing*

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Your Focus Focus
On What Matters
*less? The 10
simple
strategies(hacks)
to boost your
Focus Get your
personalized
blueprint to
master the Focus
and become the
best version of
yourself. How
boredom can be
used as a tool to*

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On What Matters

*improve your
creativity. The*

importance of

attention

management and

attention residue

How to learn

faster using brain

exercises? Learn

the research-

based facts about

the importance of

sleep and how

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*sleep deprivation
can adversely
affect the brain's
neural networks.*

*Learn the proven
techniques to
master your
mind. How can
productivity and
time
management help
you master your
day? The efficacy*

Acces PDF Master
Your Focus Focus

On What Matters
Ignore The Rest
Speed Up Your
Success

*of mindfulness
and meditation in
taming the mind.*

*What are the
mindfulness
essentials to
practice
concentration
and create laser
focus? Why is
mindfulness the
most effective
technique for*

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On What Matters
exercising the
Ignore The Best
brain? Which are
Speed Up Your
the simple
Success
meditation
practices that are
very powerful to
relax the mind?
How can you do
nothing and still
be creative? How
to transform
yourself to be
successful at

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*work? How to
overcome*

medical

conditions like

anxiety, ADHD,

depression using

mindfulness

exercises. And

much more...

Steve Jobs once

said, "People

think Focus

means saying yes

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*to the thing
you've got to
focus on. But
that's not what it
means at all. It
means saying no
to the hundred
other good ideas
that there are.
You have to pick
carefully." Focus
Your Way To
Fortune is for*

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*anyone and
everyone who is
convinced with*

*the fact "Focus
lets you see the
invisible so that
you can achieve
the impossible"*

*Are you ready?
Take Your First
Step to change
your fortune.*

Click the BUY

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BUTTON above!

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

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*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.*

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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

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*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

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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

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On What Matters
Ignore The Rest
help you focus in
the long-term

Speed Up Your

Disruptive Ideas

before they

become big

distractions Get

your focus in

gear and turn

your goals into a

reality with

Master Your

Focus. Pick up

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On What Matters
*your copy today
by scrolling to
the top of the
page and clicking
BUY NOW.*

*Overhaul your
approach to
concentration
and productivity
using strategic,
science-proven
methods to save
hours a day and*

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Success

*achieve twice as
much. Your
current focus and
productivity
tactics might be
“adequate.” But
they will never be
great or reach
their potential if
you don’t
understand how
your psychology
and physiology*

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Success

*work together to
affect your focus.
Short circuit your
brain into instant
focus. The
Science of
Powerful Focus
looks at focus in
a revolutionary
new way, and
sheds light on
studies both new
and old that lead*

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to the path of massive productivity and conquering of goals. It is a holistic view of how focus can be tackled from every angle of a person's life.

Other books will tell you to simply ditch your phone,

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stop multi-
Ignore The Best
tasking, and
Speed Up Your
sleep more. Is
Success
that really helpful
information, or is
it just common
sense? Here,
even the concept
of focus is re-
defined, and you
will learn a
plethora of
actionable ways

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Success

*to integrate
science into your
daily life. Clear
your mind, sit,
and grind. Peter
Hollins has
studied
psychology and
peak human
performance for
over a dozen
years and is a
bestselling*

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author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience.

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*Defeat
distractions and
get “into the
zone” on
command.*

- *Master the foundations of discipline and willpower.*
- *Set goals that inevitable.*
- *The biological basis behind*

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procrastination.

• *Managing
energy, your
circadian rhythm,
and nature's
schedule. Stop
procrastinating
and do more in
half the time.*

• *How to
effectively
“singletask.”*

• *How to prime*

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your mental
engine. • To-do
lists, priority
lists, don't do
lists, and all you
need to keep you
accountable and
on track. Master
your focus,
master your life.
"Indistractable
provides a
framework that

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On What Matters
*will deliver the
focus you need to
get results."*

*—James Clear,
author of Atomic
Habits "If you
value your time,
your focus, or
your
relationships, this
book is essential
reading. I'm
putting these*

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*ideas into
practice."*

—Jonathan Haidt,
author of *The
Righteous Mind*
National
Bestseller Winner
of the
Outstanding
Works of
Literature (OWL)
Award Included
in the Top 5 Best

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Personal
Development
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Speed Up Your
Success
Books of the Year
by Audible
Included in the
Top 20 Best
Business and
Leadership Books
of the Year by
Amazon Featured
in The Amazon
Book Review
Newsletter,

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January 2020

Ignore The Rest
Goodreads Best
Speed Up Your
Science &

Technology of
2019 Finalist You
sit down at your
desk to work on
an important
project, but a
notification on
your phone
interrupts your
morning. Later,

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*as you're about to
get back to work,
a colleague taps
you on the
shoulder to chat.*

*At home, screens
get in the way of
quality time with
your family.*

*Another day goes
by, and once
again, your most
important*

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personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the

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*power to become
"indistractable?"*

International

bestselling

author, former

Stanford lecturer,

and behavioral

design expert,

Nir Eyal, wrote

Silicon Valley's

handbook for

making

technology habit-

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forming. Five
years after

publishing

Hooked, Eyal

reveals

distraction's

Achilles' heel in

his

groundbreaking

new book. In

Indistractable,

Eyal reveals the

hidden

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psychology
Ignore The Rest
driving us to

Speed Up Your
distraction. He

Success
describes why

solving the

problem is not as

simple as

swearing off our

devices:

Abstinence is

impractical and

often makes us

want more. Eyal

Acces PDF Master
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*lays bare the
secret of finally*

doing what you

say you will do

with a four-step,

research-backed

model.

Indistractable

reveals the key to

getting the best

out of technology,

without letting it

get the best of us.

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Success

*Inside, Eyal
overturns
conventional
wisdom and
reveals: • Why
distraction at
work is a
symptom of a
dysfunctional
company
culture—and how
to fix it • What
really drives*

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Speed Up Your
Success
*human behavior
and why "time
management is
pain*

management" •

*Why your
relationships
(and your sex
life) depend on
you becoming
indistractable •*

*How to raise
indistractable*

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Success

*children in an
increasingly
distracting world
Empowering and
optimistic,
Indistractable
provides
practical, novel
techniques to
control your time
and attention—he
lping you live the
life you really*

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want.

Ignore The Rest
Speed Up Your
Success
Take control of
your emotions
and boost your
motivation.

Author Thibaut
Meurisse
presents a hands-
on companion to
his boxset:

Master Your
Emotions &
Motivation (2

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books in 1). In
Ignore The Rest
Speed Up Your

Success
Motivation

Personal

Workbook you'll
learn how to:

Develop a better
understanding of
how emotions
work Identify the
behaviors and
activities that

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negatively affect
your mood
Ignore The Rest

Speed Up Your
Replace negative
emotions with
positive ones

Boost your
motivation Get
unstuck and
complete your
key tasks Sustain
motivation long-
term And much
more. If you want

Acces PDF Master
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practical
exercises to help
you take control
of your mood and
boost your
motivation, you'll
love Master Your
Emotions &
Motivation
Personal
Workbook. This is
the perfect
companion to

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Success

Master Your

Emotions &

Motivation

Master Your

Emotions &

Motivation

The 7 Laws of

Focus: The #1

Secret for

Excellence,

Productivity and

Radical Results.

Master Your

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Success

*Motivation
How to Create
Success and Gain
Productivity -
Every Day
The Art of Stress-
Free Productivity
Stanislavsky in
Focus
37 Tips to Stay
Present, Ignore
Distractions, and
Finish the Task at*

Acces PDF Master
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Hand

*Do you keep
flitting from one
goal to another?*

*Do you hustle
without having
much to show for
your efforts? If
so, Master Your
Focus is for you.*

*In Master Your
Focus, you'll
discover: What*

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Ignore The Rest
Speed Up Your
Success

***true productivity
really is (and how
to master it) The
3 types of focus
and how exactly
you can develop
each of them How
to stop jumping
from one thing to
the next and
finally complete
your key tasks
(and why this is***

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***so critical) How
to achieve more
by doing less The
17 simple
strategies to
boost your focus
And much more.
Or perhaps you're
tired of settling
for less than you
can be? If so,
Master Your
Destiny is for you.***

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Success***

***In Master Your
Destiny, you'll
discover: How the
story you tell
yourself prevents
you from living
the life you want
Why your current
story is fiction
(and how to
replace it with a
better one) Five
powerful models***

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***of reality that will
transform your
outlook on life
How to design an
empowering
environment that
brings the best
out of you And
much more. If
you like easy-to-
understand
strategies,
practical***

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exercises, and no-nonsense teaching, you will love this 2-book bundle. Grab your copy of Master Your Focus & Destiny: 2 books in 1 today to develop laser-sharp focus and take control of your destiny.

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***The Starter Kit to
Thinking & Living
Smarter (Books
1-6)***

***The Winning You
Focus Mastery
Personal
Workbook
How to Be More
Productive in a
World of
Distraction
Master Your***

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On What Matters
***Focus and Avoid
Distractions
Master Your
Focus, Achieve
More, Be
Successful and
Make a Fortune***