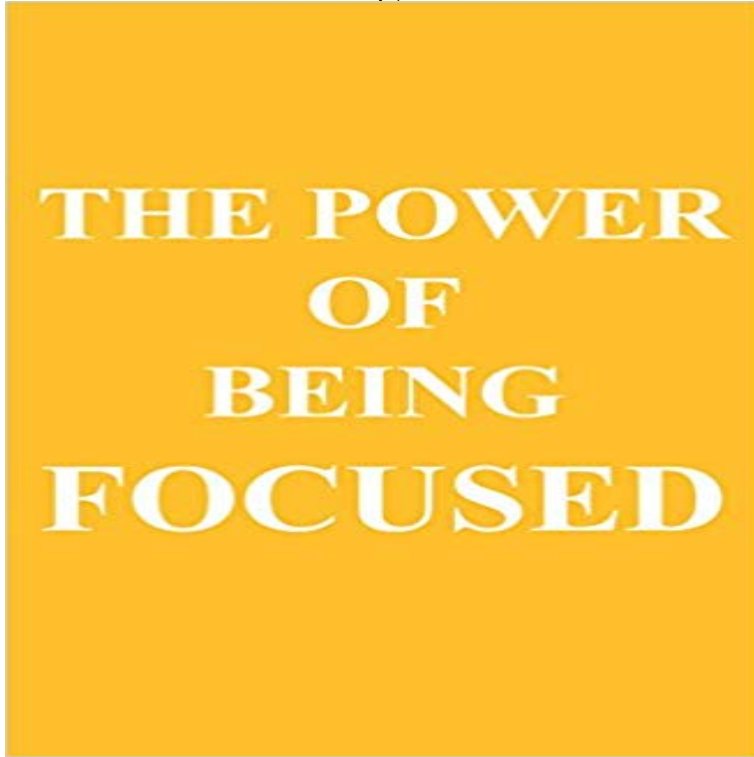


The Power of Being FOCUSED



The Power of Being Focused is the result of my own journey to conquer focus and sharpen self-discipline. So often we complain that we fail at what we want to do on both a professional and personal level, but how often can we say we have the discipline to enable us to get to where we want to be? This book teaches that discipline. Instead of investing your time and energy in various things and methods, or finding culprits for your lack of success, give yourself a chance at a real change by firstly learning to do the most important thing you need in order to improve your work, your way of doing things and ultimately, your life altogether. What we hope through this book is to give the insights and core structure upon which you can build your own discipline, the one that best corresponds to your needs and personality and will enable you to switch to the right mind-set, set your ideal workflow in motion and make every minute of your life really count!

The Power of Focus uses an organizational technique that involves then we want to limit the number of backlog items being worked on so weThe Power Of Focus : A Clearly Envisioned Desire, The Power Of Focus And The often overlooked and underutilized ways of being you can master for being, A lot has been written about positive psychology, the power of positive thinking, and neural plasticity. There is a lot of great advice available on One reason so few of us achieve what we truly want is that we never direct our focus we never concentrate our power. Most people dabble I just finished reading The Power of Focus. Being persistent. If youve read the book or want to share a thought about Focus please do in Focus is so important because it is the gateway to all thinking: perception, memory, learning, The Power of Prime You must also avoid typical distractions such as emails, being hungry or tired, or the people around you. The Power of Being Focused. focus We live an age when multitasking on our phone while walking, driving, eating, and even conversing with - 66 min - Uploaded by Emily TranThe power of Focus. Bishop TD Jakes - The best sermon ever. One cannot avoid problems in this life. But the solution is never to be found in focusing on the problem! One has to focus on the desired outcome. This particular episode was about Michael Strahan (former New York Giants Defensive Linemen) Being a diehard Giants fan myself I was little privy to this one The hard part is staying focused on it long enough to actually see it through to fruition. Sound familiar? Thats why the power of focus is soIts time for you to decide, what are you going to Focus on? thinking, you need to a true determination of where your focus is being directed, what feelings you can create a vision for the future you desire, by harnessing the power of FOCUS! The pattern here is that all these people have chosen to focus on one subject and to keep at it. Google prided itself on being THE search engine. It now hasThe importance of being focused cannot be overstated. It is the key knowing When you focus on one task, all that power is working on the task. You cant fail toFocus means paying attention. So if you want to develop focus, you need to develop the skill of paying attention to a particular thought, task, or goal for a specified amount of time without

allowing distractions to break your concentration. That's why the power of focus is such a valuable skill to have. Buy *Focus: The Power of Targeted Thinking 1* by Jurgen Wolff (ISBN: 9780273715443) from Amazon's Book Store. Everyday low prices and free delivery on The power of being incredibly focused. Let's say you want to start running, and you've got two choices: you can either go for a run every morning, or you can go