

## Real Focus Take Control And Start Living The Life You Want

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Real Focus: Take control and start living the life you want. Psychologies Magazine. ISBN: 978-0-857-08660-0 June 2016 Capstone 184 Pages. E-Book \$10.99. Paperback \$16.00. Editions Previous Next. Description.

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I am reviewing the book, "Real Focus: Take Control and Start Living the Life You Want" by Psychologies Magazine. Here are my thoughts: ^^ This is a time management book, packed with a lot of information about how to tell what changes can be made in your working life in order to improve your focus; from the usual useful "how to deal with your ...

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## **Kindle ~ Real Focus: Take Control and Start Living the ...**

Study Hacks Blog Focus Week: Take Control of Your Time August 29th, 2020 · 17 comments In the first lesson of our Focus Week series, I suggested that you unplug to give your brain and emotions a breather in our current moment of constant, agitating distraction. In the second lesson, I suggested that you implement a daily deep reading habit to retrain your neural networks to sustain and find ...

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Productivity expert Maura Thomas explains why time management is no longer a sufficient or effective way to be productive—and how attention management is actually the best way to focus, get things done, take back control of your schedule, and reduce distractions.

## **Attention Management: Productivity Skill You Need to Take ...**

But with this 5-step program, you'll be able to take control of your day and make the most of your daily 24-hours. Part 1: Understand where your time is going. Time keeps on slippin', slippin', slippin'... Just as the old song goes, our days often seem to fly by out of our control. We want to get things done. But those minutes keep ...

## **Time management tips & strategies: 25 powerful ways to be ...**

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The bulls are just beginning to take control once more on gold. There have now been four positive closes in the past five sessions, and the market is again edging higher this morning.

## **Gold: Bulls beginning to take control once more [Video]**

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