



## Focus: The Power of Focus: How to Beat Procrastination and Achieve More (Paperback)

By Frank Knoll

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Learn To Gain A Stronger Awareness For Life And Achieve More On A Daily Process With The Power Of Focus. THE POWER OF FOCUS How To Beat Procrastination And Achieve More. We are often pushed like the wind from one task to the next and regularly lose our ways in life. This can be all change with simple adjusts and a change in habits. Learn to create daily goals How to achieve more. Find an accountability partner and have public accountability. Change your day and become a task master. Protect your time. How To Create Our Daily Goals You re busy. I m busy. Everyone s busy. Yet despite this bustle, we regularly don t feel especially productive from day to day. Entire weeks can flash by in a blur of meaningless emails, conferences, and admin tasks while the massive stuff is going untended. As the nineteenth-century philosopher Henry David Thoreau wrote, It isn t enough to be busy. So are the ants. The question is: What are we busy about? If we want to take back control of our workday schedules...



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