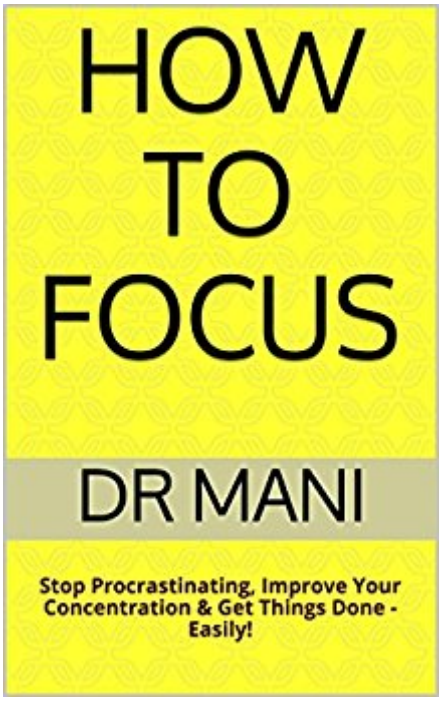
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How To Focus: Stop Procrastinating, Improve Your Concentration & Get Things Done - Easily!



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Synopsis

How To Focus Better - And Turbocharge Your EfficiencyLEARN:: Why Most People FAIL To Focus Better & Get Things DoneIn a world of "information overload" and 24/7 distraction, your greatest challenge is to focus on what really matters. Each morning, you draw up a to-do list with good intentions - but get distracted, procrastinate or lose focus. And the next thing you know, the day is almost over. You've worked hard but feel frustrated, unproductive, pressed for time.DISCOVER:: How To Stay Focused - And Find 3 EXTRA Hours In Your Day... Every Day!In "How To Focus" you will learn to tune out distractions, achieve more, and enjoy deeper satisfaction - with lower stress and zero frustration.When you master the art of focus, you will become more effective - right away. This powerful guide will teach you to become laser-targeted on your biggest goals... and reach them effortlessly.You'll learn to rethink the way you manage your life.DOWNLOAD:: How To Focus - Stop Procrastination & Get Things DoneIn this guide on how to concentrate, you'll see:- how to maximize your time, effort and resources- why you find it hard to focus, and tackle distractions- how to make the right choices and set correct priorities- the secret of balancing work and family- ways to lower stress, beat procrastination and feel fulfilled- how to get effective at changing people's behavior- how the world's most successful people practice focusYour ability to focus controls your future. It's not hard. Just take action consistently on four key areas. Start right now with the lessons in "How To Focus"!

Book Information

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Customer Reviews

A journey begins with the end in sight - the destination.Have you started on your journey ?And am asking from ourselves, 'do we know where we are taking ourselves now' ?Most people think the word 'illusion' is limited only to the occurrences of one's sight [visual or optical]. But studies reveal that it is not so, and that 'visual illusions' (optical illusions), happens to be the most well-known and therefore understood.The notion that a 'business book' is only meant for corporate executives, is also an illusion.Hence the general public is hampered to think so at the slightest chance of wanting to read on the available 'tools of change'?Isn't it time to realize that our life is - our business!Thirty years ago - mind you a good thirty years ago, a business book was written titled 'The Goal' by Eliyahu M. Goldratt .He was an educator, author, scientist, philosopher, and a business leader.It was written like a novel with nuggets in all its 408 pages and became highly recommended.In the mean time, until you cultivate your reading habits with laser targeting this book is a must read to every one.Because: a) The writing is an easy read with just around 55 pages. b) Thirty years later, it's a book for our times c) And if you have realized that, 'your life is - your business' , this book will make you fly. d) Written by a Paediatric Cardiac Surgeon who works with families who are under-privileged. He performs surgery on children born with heart defects to these families who have no resources to do anything about it.

After reading the book, I discovered 3 things:1) I found the book a joy to read because of Dr. Mani's "cute" sense of humor.2) He challenged my imagination and my self-worth. He not only gave tips, he explained them, gave the benefits and "encouraged" me to try them.3) I love the analogy between time and the Ming vase. He showed why I should respect my time and my focus.This book is valuable to me because I am one of those who enjoys procrastinating. After reading the book, I started to make a list of what to do and what not to do ..... thank you Dr. Mani.One thing I would like to have included is "The 33.33 System". It would be great if I can just keep on reading the book (with the system already included) instead of stopping to go to another link. it interrupts the flow of concentration and focus.

This excellent work is concise and consistent in quality with what I have come to expect from Dr. Mani. It is, in effect, a ’cheat sheet’ that shares practical ideas to move yourself in a direction towards creating your ’most-inherently-satisfying’ results in life. In helping you to clarify issues of greatest importance to you and prescribing the exercise of simple disciplines, you will progressively realize that your appropriate focus of time and effort can yield dramatic increases in productivity. This in turn holds promise for you to not only to produce results that you desire, but to do so in less time than you would otherwise - quite possibly in less time than you can imagine.I consider "How To Focus" to contain knowledge that is essential for anyone who desires to get what they want out of life. Inasmuch, it warrants my highest recommendation.

I have been a big fan of Dr. Mani for years. He has a smooth and effective writing style. This book was not a disappointment! Dr. Mani outlines the way to effectively get focus, and more importantly, achieve your goals in "How to Focus".With some great examples, wit, and uncanny perception he leads you down the path to understand how to focus. It can be just simple things you leave out that makes all the difference in the world. Using this, book you can become a more focused person using his simple techniques.It helped me to see why I can focus sometimes and not others and to improve what I am already doing.If you need to get things done, this is a MUST book to read.

Dr. Mani is a cardiac surgeon in India. He does lots of surgery on the hearts of children, many (most?) of them are born with damaged hearts.By buying this book I help support his efforts with these kids.

Dr. Mani has delivered another winner with this value-packed book.Concise and to the point, it’s all about setting your goals and focusing on achieving them.Filled with insights and "a-ha moments," one of my favorite lines from the book is:"Efficiency is about doing things right. Effectiveness is about doing the right things."Buy it. Read it. Apply the concepts to your life and business...And this time next year you’ll look back and marvel at how productive you’ve become!

I’ll make this short.Dr. Mani is amazing and writes with a truly effective style.Do yourself a favor. Spend 5 bucks and take your life to the next level.And, have a GREAT day.

This is really a good book to start reading. I got even the feeling I was focusing more after reading

the text.Good structure of how things really are influencing your ability to focus.

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