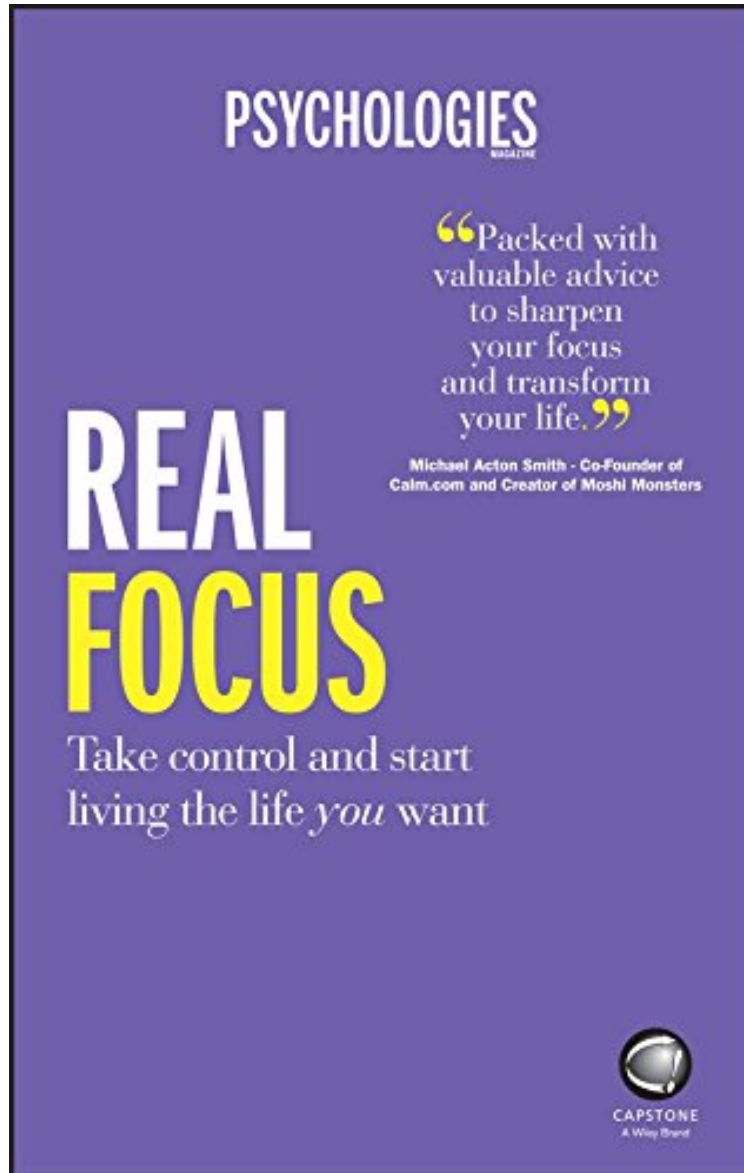


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Real Focus: Take control and start living the life you want

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Psychologies Magazine : Real Focus: Take control and start living the life you want before purchasing it in order to gage whether or not it would be worth my time, and all praised Real Focus: Take control and start living the life you want:

Psychologies, the leading magazine for intelligent people, provides their inspirational yet rigorous approach to the

perennial topic of focus, to include topics of mindfulness, clarity and productivity. How are you today? We would hazard a guess that your answer will be along the lines of 'I'm so busy,' 'I feel so frazzled,' or 'what-am-I doing-even reading-this-book, I've got so much to do!' However, we also suspect that you know in your heart of hearts, that life's not supposed to feel like this. You're not supposed to feel like you're in a hamster wheel that you can't get off; that life is a 'whirlwind' or 'one never-ending To Do list.' You know there has to be another way - but what is it? Well here it is: Real Focus. Written in association with Psychologies Magazine the leading magazine for intelligent people, covering work, personal development and lifestyle issues Real Focus is: Packed full of tips, techniques and advice to help you focus in on what matters Based on scientific evidence and cutting edge global research Rigorous with credible content presented in a light and accessible manner Inspirational yet down to earth and practical

From the Back Cover "Packed with valuable advice to sharpen your focus and transform your life." Michael Acton Smith - Co-Founder of Calm.com and Creator of Moshi Monsters **MANAGE YOUR LIFE LOAD** How focused are you? Chances are, your time often feels fragmented and peppered with interruptions. Our harried lives and constant busyness lead us to feeling overwhelmed and stretched, because we don't know what to give our attention to. As a result, we fall into the trap of trying to focus on everything. **RECLAIM YOUR LIFE** Armed with the latest research and the best experts, renowned in their fields, Psychologies magazine provides simple steps to help you find real focus, so that you can spend more of those precious hours on the activities and people that matter to you. Real Focus will help you: Play to your strengths and do more of what you love Devote time to thinking how to change things Stop overcommitting yourself Develop systems that work Give regular, focused attention to what you want to happen You can get your life back. By developing real focus, you'll learn to curate the life that's best for you. Start doing what matters, today. "Stop wasting time and read this book now to start focusing on doing the things you love!" -Shaa Wasmund, OBE, Bestselling Author, Entrepreneur Speaker