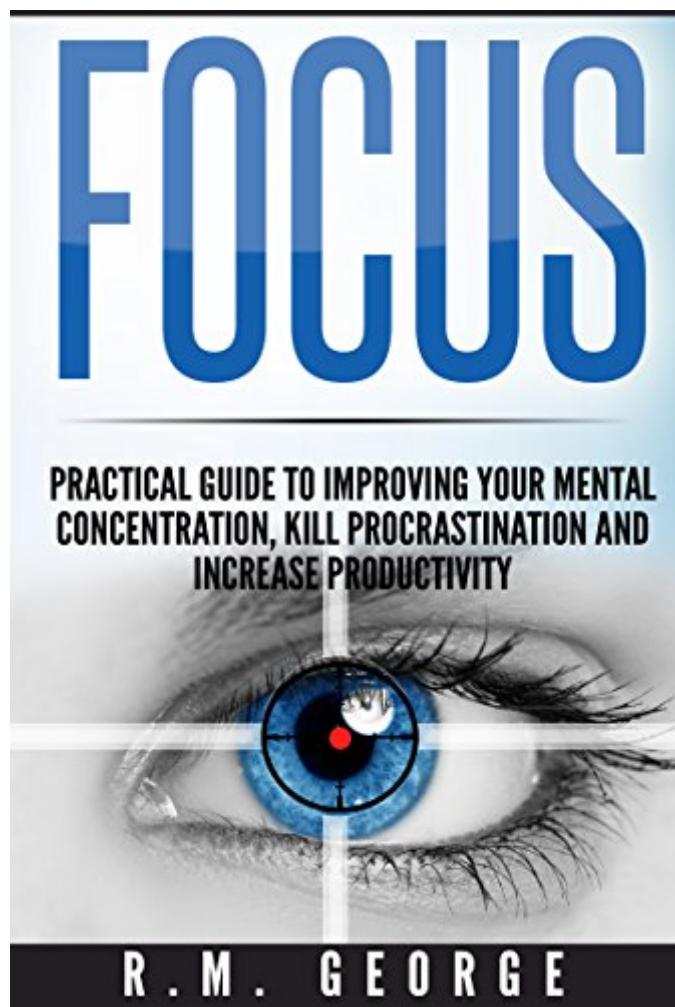


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Focus: The Practical Guide To Improving Your Mental Concentration, Killing Procrastination And Increasing Productivity (The Ultimate Guide To Mental Concentration, Influence, Time Management)





Synopsis

Get back the missing mental concentration; enhance your productivity and outcomes you have desired for so long in your life!!What if there was finally a way to accomplish all those goals and dreams, you have been thinking about for a long time, and even wrote it down in your secret diary?Â Imagine if there was a process in place to overcome the mental gravity and distractions that hold you back from accomplishing your goals and dreams.Â What if there was a way to achieve everything and still have a balanced personal life?Architect and Entrepreneur, Renil M. George presents remarkable findings and process that has helped him achieve remarkable success as an entrepreneur, by honing in on mental concentration and using the various processes described that he learnt from various mentors. Here are the top five reasons, why you should read this book. Â In this book you'll learn:How to eradicate distractions and procrastination from your lifeHow to use the missing element of goal settingHow to focus on your prioritiesHow to make the right environment for productivityHow to take care of yourself for better mental clarity and concentrationBonus: How to use nutrition and vitamins in order to make yourself the most productive and focused you can be!"This book did a great job on showing all the ways to increase your focus. This is a must read and will put a lot of thing in perspective. All of the techniques offered in the book are spot on. There are so many great ideas in the book that the authors have shared in the pages of this book. The book gives you some great ideas about setting goals for yourself. I really liked this first part and I think this is a fascinating and important idea in psychology. You learn the significant differences between the two mindsets and the very different ways they react and respond. This is very important to your own success and to the ability to influence others.be prepared: this author does not care for you and won't hesitate to drive that point home with example after example" Â -Â J Hill"I admit, I did practice procrastination before. I could definitely testify based on experience how it is. Good thing I overcome it for a span of two weeks. What amazed me was the fact that I found those techniques in this book. It begins with the commitment to end procrastination. The mere fact that I download this book is a way for me to gain clarity on this issue. This book shares insights on how to live life with a good habit of getting task done ahead of time. The author clearly gives signs of procrastination and a tool to overcome it." Â -Â Arman O. Navarro"I've had really hard time focusing lately due to massive amounts of work in a lot of different directions. It's really hard to just let go of other things and concentrate on the task at hand. I'm glad how this book tackles subjects such as procrastination, goals, motivation, etc. In short, the suggestions provided in this guide cover a wide area of focus in general and will help you grasp your life better - everyday!" -Â James BrosnanÂ "Renil has managed to set up a superior system of regaining and maximizing

your focus. I knew goal setting was good, but I was kind of lost as to how to go about making my goals a reality. This book breaks everything down with easy tips for all areas of your life that affect your focus, from a detailed chapter about procrastination (what types there are and how to get by it), to a long 'Art of Goal Setting' section that really helps you formulate what's going to work for you." - Mary Thibodeau

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Customer Reviews

This book did a great job on showing all the ways to increase your focus. This is a must read and will put a lot of things in perspective. All of the techniques offered in the book are spot on. There are so many great ideas in the book that the authors have shared in the pages of this book. The book gives you some great ideas about setting goals for yourself. I really liked this first part and I think this is a fascinating and important idea in psychology. You learn the significant differences between the two mindsets and the very different ways they react and respond. This is very important to your own success and to the ability to influence others. *be prepared: this author does not care for you and won't hesitate to drive that point home with example after example.*

I've had really hard time focusing lately due to massive amounts of work in a lot of different directions. It's really hard to just let go of other things and concentrate on the task at hand. I'm glad how this book tackles subjects such as procrastination, goals, motivation, etc. In short, the suggestions provided in this guide cover a wide area of focus in general and will help you grasp your life better - everyday!

Very impressive book! This book gives easy to follow practical advice on how to stay focused. It's more of a tactical book than an inspirational one, and sometimes we need less passion and more precision. There's no fluff in this book. It's not intended to make you feel all warm and fuzzy inside. This book is a guide with useful information that allows you to create a strategy for focusing that's built around your unique personality. Really worth reading!

I do three types of job in a day, I have one that i count to be my major and others my minor job. I was looking for something that will help me be productive and focused for each week that i sit down to work. I have learn from the author to be productive i need to be focused and have organized kind of timetable to follow. I will need to give my major task best of the time in my morning and avoid distractions. With proposed strategy by the author, i am surprise i will even get time for friends, exercises and get enough sleep unlike how i have been sleeping at 12am and wake up at 7am and yet i don't find myself productive. My point of action is to get a spreadsheet for each week and plan my schedule accordingly.

Renil has managed to set up a superior system of regaining and maximizing your focus. I knew goal setting was good, but I was kind of lost as to how to go about making my goals a reality. This book breaks everything down with easy tips for all areas of your life that affect your focus, from a detailed chapter about procrastination (what types there are and how to get by it), to a long 'Art of Goal Setting' section that really helps you formulate what's going to work for you.

I'm a huge procrastinator and I really needed this book. I have a lot of plans and really have big dreams, I have a clear blueprint of what I want to do but I get really distracted easily. I know I need help in this self-help department and I am glad to have found this book. It just helped me understand myself better and why I get distracted and procrastinate. It has given me things that I want to try like arranging my order of the day, how to prioritize my things-to-do. I realize that I tend to lay out a lot of

tasks that are unproductive. This has given me a different perspective on how to plan better and just ditch the unnecessary. Hopefully I'd get better. Nice read.

This book has been recommended to me by my friend because she knows I need to get rid of my habit which is procrastination. This book introduces me to The Sniper Focus System which talks about the difference between distraction and procrastination and how I can eliminate them. It also taught me how to stick with the goal that I set for myself and lastly is how to create the proper environment for me to be able to focus well with my work.

I always have a lot of distractions in my life. Who doesn't? I went searching for a book on how to clear things up and try and avoid distractions. I found Focus: by Renil M. George. I love it. It has taught me so many tips and tricks on how to concentrate better and improve my mental focus. I will highly recommend this book to all my friends. Check it out. It's great.

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