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*Jurgen Wolff*

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Feeling distracted? Scattered? Time is slipping away from you? You're not alone. But it doesn't have to be that way. Using revolutionary time management techniques you will find out how to super charge your mind power and focus on what matters most - your goals and your achievements.

Focus shows you how to direct energy without distraction to the key tasks that lead you to success. Based on the latest research, these techniques make it easy for you to overcome information overload, stress and procrastination and concentrate on what's really important.

Using these recent discoveries in time management, like how to achieve a state of flow that can lead to maximum achievement in minimum time, Focus will show you how you can move swiftly towards your most important goals.

The result: you reach your goals quickly and with less effort.

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