



# **100% Focused and Active (2in1): 50 Great Ways To Improve Your Focus And Concentration And Defeat Your Laziness And Procrastination (How To Be 100% Book 7)**

*John Morgan*

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## **2 BOOKS IN 1!!!**

### **Read 100% Focused**

### **And Learn How To...**

- Be Aware of How Your Mind Works
- Set Your Priorities and Create a Schedule
- Prepare Your Working Environment
- Prepare Your Response Toward Distractions
- Do One Task at a Time
- Finish the Current Task Before Moving To Another One
- The Mind Sprint Exercise
- Task Narration Exercise
- Improve Your Attention Span
- Alternate Difficult Tasks with Easy Ones
- Take Breaks Strategically In Your Working Hours
- Get Enough Hours of Sleep at Night
- Meditate Regularly
- Improve Your Self-Discipline by Creating Beneficial Habits
- Divide Large Tasks into Smaller Tasks
- Stop Bad Habits One at a Time
- Declare Your Dreams and Life Goals
- Use Your Working Momentum Wisely
- Manage Your Energy
- Reward Yourself for Accomplishing an Important task
- Use Gamification to Improve Your Focus
- Improve Your Brain's Circulation
- Maintain Correct Posture

- And Much Much More

## **Read 100% Active**


## **And Learn How To...**

- **Dig Deeper**
- A clutter-free space leads to a clear mind
- Focus on the real problem
- Remove the laziness catalysts
- Edit self-talk
- Practice mindfulness
- Jump
- Think of the benefits
- Set achievable goals
- Create a list
- Face dreaded tasks upfront
- Focus on the doable
- Get fit
- Press start
- Use a pen and paper
- Challenge the clock
- Stop making excuses
- Train your mind to focus like a monk
- Have a nice treat
- Give yourself a break
- Go Pomodoro
- Implement the Seinfeld strategy
- Ask help when you need it
- And Much Much More

**What are YOU waiting for?**

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What do you about book? It is not important along with you? Or just adding material when you really need something to explain what your own problem? How about your extra time? Or are you busy man or woman? If you don't have spare time to accomplish others business, it is gives you the sense of being bored faster. And you have spare time? What did you do? Every person has many questions above. The doctor has to answer that question due to the fact just their can do in which. It said that about reserve. Book is familiar in each person. Yes, it is proper. Because start from on guardería until university need this kind of 100% Focused and Active (2in1): 50 Great Ways To Improve Your Focus And Concentration And Defeat Your Laziness And Procrastination (How To Be 100% Book 7) to read.

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