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Author and coach, Thibaut Meurisse, wants you to reclaim
your focus. In his latest book, you'll learn exactly how to
develop laser-sharp focus so that you can complete your key

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projects and achieve your major goals. Master Your Focus is a clear and concise walkthrough that demonstrates how to use the power of focus to achieve tangible results. Using Thibaut's straightforward instructions, you'll learn how to zero-in on key tasks and stick to them until you complete them 100%.

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Master Your Focus: A Practical Guide to Stop Chasing the Next Thing and Focus on What Matters Until It's Done (Mastery Series): Meurisse, Thibaut: 9781694025715: Amazon.com: Books.

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Only use this when your subject is not moving at all. How to Focus Recompose. Use your centre AF point and aim it over your subject. Press the shutter half way, until you hear the AF confirmation beep. Re-compose your image to your preferred framing. Press the shutter all the way down to take the shot. Focus should remain locked on your chosen location.

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1. Design your environment for better focus. One of the easiest ways to improve your focus is to remove distractions from your surroundings. For example, whilst working on an important task, you could keep your phone in a separate room and use apps to block access to websites. You can also add visual cues to your environment for better focus and concentration.

~~Focus: A Scientific Guide on How to Improve Your Focus and~~

...

1. Become aware of the need to improve your focusing skills.
2. Make a conscious decision to invest the time and energy needed to improve.
3. Practice and train your mind to concentrate.
- 4.

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~~4 Steps to Mastering the Art of Focus | SUCCESS~~

Practice is the best way to master autofocus for your photographic approach with your specific camera.

~~11 Tips to Master Autofocus and Increase Your Hit Rate~~

Master Your Focus : Focus on What Matters, Ignore the Rest, and Speed up Your Success by I. C. Robledo (2017, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

~~Master Your Focus : Focus on What Matters, Ignore the Rest~~

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~~Master your craft:~~ Focus on what you do best; delegate the rest Yoco began as most start-ups do – in a small office with two tables and a handful of people who were crazy enough to take the leap.

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Master Your Focus is a clear and concise walkthrough that demonstrates how to use the power of focus to achieve tangible results. Using Thibaut's straightforward instructions, you'll learn how to zero-in on key tasks and stick to them until you complete them 100 percent.

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Focus, focus, focus on making your strongest traits even

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stronger. Especially once you are over 30 and you have more of a clear assessment of your skills and abilities.

~~How To Focus On Your Strengths Instead Of Your Weaknesses ...~~

You can do refocus any moment, every moment — to concentrate like a human being capable of personal mastery. Center yourself on what is, on this moment of opportunity to change, learn, grow ...

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Master Your Business | Focus. Create. Make social videos in an instant: use custom templates to tell the right story for your business.

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Do you keep flitting from one goal to another? Do you hustle without having much to show for your efforts? If so, it's time for you to develop laser-sharp focus and achieve concrete results that will make a real difference in your life. Author and coach, Thibaut Meurisse, wants you to reclaim your focus. In his latest book, you'll learn exactly how to develop laser-sharp focus so that you can complete your key projects and achieve your major goals. Master Your Focus is a clear and concise walkthrough that demonstrates how to use the power of focus to achieve tangible results. Using Thibaut's straightforward instructions, you'll learn how to zero-in on key tasks and stick

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to them until you complete them 100%. In Master Your Focus, you'll discover: What true productivity really is (and how to master it) The 3 types of focus and how exactly you can develop each of them How to stop jumping from one thing to the next and finally complete your key tasks (and why this is so critical) How to dramatically reduce your learning curve by finding the right information and applying it effectively How to achieve more by doing less The 17 simple strategies to boost your focus And much more. Master Your Focus is your must-read guide to help you sharpen your focus and skyrocket your results long term. If you like easy-to-understand strategies, practical exercises, and no-nonsense teaching, you will love this book. Buy Master Your Focus to sharpen your focus today! This book is the third book in the "Mastery Series"

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below: **Book 1 - Master Your Emotions A Practical Guide to Overcome Negativity and Better Manage Your Feelings**
Book 2 - Master Your Motivation A Practical Guide to Unstick Yourself, Build Momentum and Sustain Long-Term Motivation

Multiply Your Focus And Productivity Without Feeling Overwhelmed Imagine if you could sit down, keep your mind on one goal, and actually finish your task. Think how your life would be if you found a way to manage your work hours, breaks, and distractions so that you could truly focus and complete goal after goal. Internationally bestselling author I. C. Robledo has revealed his struggle with maintaining focus. He was once frustrated, unable to stay focused on even simple tasks. Then he decided to experiment with different

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techniques until he was able to get more done in less time, with greater focus. Now he is able to maintain his focus at the highest level, and he wants to help you do the same. Inside, you will discover: - How using Brute Force Focus can stretch your focus ability - Why focused people work less to get more done – with Smart Breaks - How to find your Sweet Spot of Challenge to stay focused on one task - Why Internal Motivation will help you focus in the long-term - How to stop Disruptive Ideas before they become big distractions Get your focus in gear and turn your goals into a reality with Master Your Focus. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

How long can you focus on an activity without getting

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distracted? With every "ding" on your computer or phone, are you tempted to look at the new email or text message? As a professional, a business person, a student or a stay-at-home parent, you always have a lot on your plate. Staying focused can be quite a challenge with all the distractions around. How can you survive this deluge of distractions and accomplish what you set out to do in your day? Developing focus is a skill that can be learned. Bear in mind that an unrelenting focus is the only mantra to get going and get anything done. Think of *The Winning You* as your cheat sheet to mastering this skill. *The Winning You* does not talk about getting rid of your gadgets. It does not talk about living a minimalist life. Rather, it includes simple and easy-to-grasp techniques that have been derived from the author's personal experiences and

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adaptations. These techniques have been tried and tested successfully over the years. The book is replete with action-oriented ideas and tips that you can implement straight away. When followed diligently, these techniques are sure to help you master your focus.

Based upon his weekly Harvard Business Review columns (which is one of the most popular columns on HBR.com, receiving hundreds of thousands of unique page views a month), 18 MINUTES clearly shows how busy people can cut through all the daily clutter and distractions and find a way to focus on those key items which are truly the top priorities in our lives. Bregman works from the premise that the best way to combat constant and distracting interruptions is to create

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productive distractions of one's own. Based upon a series of short bite-sized chapters, his approach allows us to safely navigate through the constant chatter of emails, text messages, phone calls, and endless meetings that prevent us from focusing our time on those things that are truly important to us. Mixing first-person insights along with unique case studies, Bregman sprinkles his charming book with pathways which help guide us -- pathways that can get us on the right trail in 18 minutes or less.

urbo-charge Your Concentration, Skyrocket your Productivity and Achieve Your Goals Faster with Proven Tactics. What if you manage to create few extra hours during your day? What if you could beat off distractions without struggling? How

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Would your ability to laser-focus gets more done in less time? Imagine having extra time you can spend as you want on travel, adventures or just chill out with friends and your loved ones. Imagine having independence to follow things that matter most to you. If you wonder why you feel like running around as a headless chicken, why distractions often keep swaying you away from work and why people around you always steal your attention, you need to unlearn dated tricks and adopt new principles to master your attention to accelerate your growth. Focus Mastery is your short and fast paced action guide to boost your concentration, keep distractions at bay and create extra time for things that matter. Download FOCUS MASTERY NOW to Master Your Attention, Make Better Decisions Faster and Skyrocket Your

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Productivity In FOCUS MASTERY, you'll discover: Top 7 common reasons that are robbing off your ability to concentrate. Learn How Bill Gates created an entire new industry through one of his one major skill. How your existing TO-DO-LIST doesn't help and learn the tweaks for better results. How to develop an effective mechanism to handle emails and never get distracted by another email. How superstars and celebrities build their concentration by "Technology Shabbat" How multi-tasking slows your cognitive skills and what to do about it. Learn Effective ways to reset People (including your bosses) to not disturb your focus. How Boredom can be used as a tool to build your focus muscle. Learn How to be able to say NO to everything in the first place without burning the bridges. Why you and your smart

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phones need to be on Aeroplane mode daily. Learn the research based facts about sleeping and how to create best environment for build stronger connections amongst neural pathways for better concentration. Learn Neuropsychological secrets about our brains react when you move your body regularly. And Much More. FOCUS MASTERY is for ANYONE who struggles to focus on important things and wants to get rid of all distractions to achieve more in life. Whether you're a student, knowledge worker, small or medium sized entrepreneur, solopreneur or stay-at-home parent, the strategies described in this book are equally effective and transformational for everyone. Grab your copy of FOCUS MASTERY today to finally master your focus, keep distractions at bay, make better decisions and Achieve your

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goals faster! Scroll to the top of the page and click the "BUY NOW" button!

Do you keep flitting from one goal to another? Do you hustle without having much to show for your efforts? If so, Master Your Focus is for you. In Master Your Focus, you'll discover: What true productivity really is (and how to master it) The 3 types of focus and how exactly you can develop each of them How to stop jumping from one thing to the next and finally complete your key tasks (and why this is so critical) How to achieve more by doing less The 17 simple strategies to boost your focus And much more. Or perhaps you're tired of settling for less than you can be? If so, Master Your Destiny is for you. In Master Your Destiny, you'll discover: How the story

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You tell yourself prevents you from living the life you want
Why your current story is fiction (and how to replace it with a better one)
Five powerful models of reality that will transform your outlook on life
How to design an empowering environment that brings the best out of you
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If you like easy-to-understand strategies, practical exercises, and no-nonsense teaching, you will love this 2-book bundle.
Grab your copy of Master Your Focus & Destiny: 2 books in 1 today to develop laser-sharp focus and take control of your destiny.

A guide to the Agile Results system, a systematic way to achieve both short- and long-term results that can be applied to all aspects of life.

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Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep-spending their days instead in a frantic blur of e-mail and social media, not even

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realizing there's a better way. In *Deep Work*, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows

A mix of cultural criticism and actionable advice, *Deep Work* takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip

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Business class ticket to Tokyo to write a book free from distraction in the air-and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

Learn Powerful Techniques to Master your Focus, Command your Concentration, Control your Attention, Think Intelligently, Be Laser Focussed & Skyrocket Your Productivity to Achieve faster Results! Do you find yourself struggling with concentration and don't know how to focus? Do you wonder

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Why despite working hard, you are not able to master your success? Imagine how your life would change if you could enhance your attention span? What if you have access to the most effective productivity tools used by all the business legends like Elon Musk, Bill Gates, Larry Page, and Warren Buffet? How will it be to know the super productivity habits of celebrities like Arnold Schwarzenegger, Sachin Tendulkar, and Sourav Ganguly? Imagine knowing super tips to focus, which can help you work faster & better? Focus Your Way To Fortune is your most comprehensive guide with highly effective focus and concentration strategies to help you learn how Focus can help you become a better version of yourself and make a fortune. Here is what you will learn in Focus Your Way to Fortune: Why is Focus the essential skill for success

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in life? Know the Top 3 factors having a key impact on your ability to concentrate. Understand the concepts of Micro-Focus & Macro-focus, their importance, and their application in our life. Know what is Focus of the Fortune pyramid & how its application can transform your life. Understand what is Focus-Success equation and its relevance for you. Know the TOP 12 reasons which cause distraction at the workplace and the simple yet effective ways to overcome them. How to stop jumping from one thing to the next and finally complete your essential tasks (and why this is so critical) How to achieve more by doing less? The 10 simple strategies(hacks) to boost your Focus Get your personalized blueprint to master the Focus and become the best version of yourself. How boredom can be used as a tool to improve your creativity. The

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importance of attention management and attention residue
How to learn faster using brain exercises? Learn the research-based facts about the importance of sleep and how sleep deprivation can adversely affect the brain's neural networks. Learn the proven techniques to master your mind. How can productivity and time management help you master your day? The efficacy of mindfulness and mediation in taming the mind. What are the mindfulness essentials to practice concentration and create laser focus? Why is mindfulness the most effective technique for exercising the brain? Which are the simple meditation practices that are very powerful to relax the mind? How can you do nothing and still be creative? How to transform yourself to be successful at work? How to overcome medical conditions like anxiety, ADHD, depression

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using mindfulness exercises. And much more... Steve Jobs once said, "People think Focus means saying yes to the thing you've got to focus on. But that's not what it means at all. It means saying no to the hundred other good ideas that there are. You have to pick carefully." Focus Your Way To Fortune is for anyone and everyone who is convinced with the fact "Focus lets you see the invisible so that you can achieve the impossible" Are you ready? Take Your First Step to change your fortune. Click the BUY BUTTON above!

Do you wish you could learn to better focus your mind during those crucial moments when you need to? Paying attention in a world filled with distractions today is a constant challenge that many are faced with. Yet, there is a solution to the

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Problem: An easy to follow 7-step solution to master concentration techniques and enhance your powers of focus today! YOU WILL LEARN: - Why goals matter to build a foundation for focus. - The way your environment impacts your ability to concentrate. - How to enhance your mental prowess. - Why it is energy management, not time, that matters. - How to shut down distractions, enhance your attention, and more. No matter what stage in life you are or where you aim to be, better focus is the way to get you to every goal you've ever set for yourself. The power of focus and concentration doesn't have to be an elusive superpower reserved only for the few who have mastered the secret to success. You've got the opportunity to do the same right now!

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