



## Instant Focus: How to Get and Stay Focused at What You re Doing Instantly!

By The Instant-Series

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Instant-Series Presents Instant Focus How to Get and Stay Focused at what You re Doing Instantly! How often do you have this happen? You are supposed to be doing something, yet are continuously getting distracted by every tiny thing that comes your way and never get anything done. You are supposed to be paying attention to something or someone, yet are drifting off to la la land and when you do return to reality, missed what just happened or said. You are supposed to be working or studying, yet are constantly logging onto Facebook checking status updates and see a funny YouTube video or interesting article, then click the links, and one thing leads to another, and before you know it, already wasted your entire day. Let s face it, we are living in a fast-pace world with ever-increasing multitude of distractions competing for our limited attention span. Being bombarded with insatiable entertainment crave and never-ending information overload, our ability to focus has dwindled.and are you already not able to go through your day without being a...



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