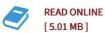




Find Your Focus Zone: An Effective New Plan to Defeat Distraction and Overload

By Lucy Jo Palladino Ph. D.

Atria Books. Paperback. Condition: New. 304 pages. Dimensions: 9.0in. x 6.0in. x 0.7in.In this groundbreaking book, author and psychologist Lucy Jo Palladino shows us how to fearlessly find the perfect arousal level so we can concentrate even when were under pressure, or facing dull but important tasks that simply need to get done. For the millions of people who combat distraction every day, this friendly, practical book with its innovative techniques is just what the doctor ordered. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.

-- Miss Vernie Schimmel

The book is easy in study easier to comprehend. I have study and that i am certain that i will gonna read once again once again in the foreseeable future. Your lifestyle span will likely be transform the instant you comprehensive reading this pdf.

-- Dr. Jaydon Mosciski