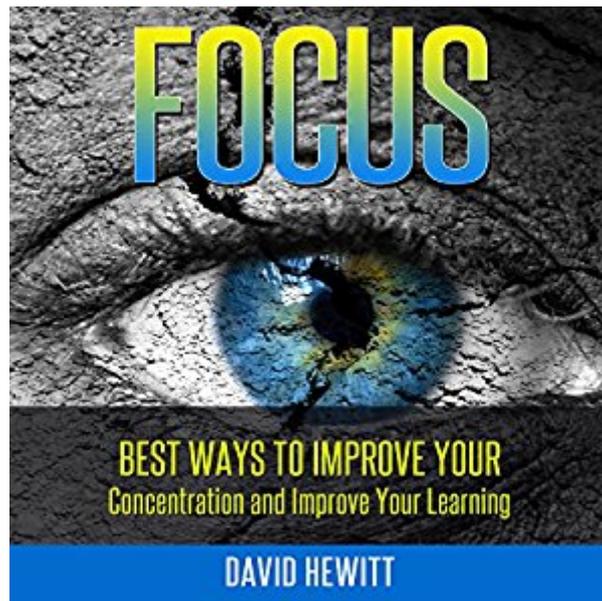


The book was found

# Focus: Best Ways To Improve Your Concentration And Improve Your Learning



## Synopsis

Do you want be able to concentrate better? Do you struggle with a lack of focus, and procrastination starts to settle in? What if I told you that you could increase your focus and concentration by 100 percent? Inside, we give the best techniques used by some of the most efficient people in the world that allow them to stay focused on multiple tasks. After listening to this audiobook, you'll have the tools that'll help you laser in and improve your learning altogether.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 10 minutes

Program Type: Audiobook

Version: Unabridged

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Language: English

ASIN: B016LH0038

Best Sellers Rank: #273 in Books > Arts & Photography > Music > Musical Genres > Ethnic & International > Ethnomusicology #337 in Books > Audible Audiobooks > Arts & Entertainment > Music #499 in Books > Self-Help > Memory Improvement

## Customer Reviews

\$2.99 is overpriced for this book. It is full of spelling and grammar mistakes and appears to have been thrown together for a quick buck. There are many simplistic tips which are unhelpful ("don't eat too many fatty foods," "be curious--always," "exercise," etc.). The concentration exercises included were very familiar to some I read online, but were not credited. At best, I got one or two minor points out of the book. A better book on the subject is called *The Poverty of Attention* by Ken Fite.

Losing focus in my business means losing money. So this book is not only a good read but its a money maker in that it will help you to keep your focus and mind on the things. If you are in a high pressure job situation, you need to get this book to enhance your performance. The steps this book takes you through will be easy for anyone to do and benefit from.

Whenever people lose focus at work or school, they tend to scatter their energy and create more problems than solve them. As I recall, this book gave an advice that presence of mind is important.

Gain more focus on your daily tasks with the help of this book and see that you hold control even tough situations.

My brother had concentration troubles when he was a child, doctors usually sent him a lot of medicines and exercises to maintain concentration during class or doing homework. Those were difficult times for the family, if only I have known about this book a few years back, I could have helped him in a better way. In this book people will find techniques and full information to improve concentration skills and learning capacity, whether if they are currently studying, working or doing activities on their own. When reading this book, people will find some valuable information about concentration, how body and mental exercises can help being concentrated, and therefore, more productive during working hours. I do not regret buying this book in an Amazon's promotion; on the contrary, I found it really interesting. I especially liked the fact that this book suggests that short breaks between activities, a good night sleep and practicing sports helps people focusing on their activities every day. I liked those ideas especially because I agree 100% with them.

This book refers us to a very important part in us which is the presence of the mind. Help them to gain more attention in their daily tasks and see that you have control of situations, even the most difficult. In the end, it helps us to achieve such an approach that many are looking for and do not know or do not find easily, because thanks to the techniques that you will find here we will be most concentrated. I say goodbye saying how happy I am that I bought this book on an Amazon promotion.

The first few chapters were clear and insightful enough to give the book 5 stars. The book is organized into chapters. These effective strategies and exercises will improve your learning. You'll be excited to see your productivity and efficiency increase dramatically allowing you to laser in on tasks. I've been studying the topic of focus rather intently recently, trying to find new thinking in the area. This book breaks training down into easy-to-understand modules. It starts from the very beginning of the science of concentration and how to improve it, so you can get great results - and be less distracted!

If you're as easily distracted as I am, this book will be a lifesaver. There is a lot of information packed into this book and just picking out a few of the concentration tips to practice will help anyone who's having trouble focusing. The book also goes into how to improve your learning capacity. While the examples given in the book seem to be geared towards student, I think anyone who

needs to learn new material on a regular basis will still find the book useful.

I was trying to find ways to help my son focus on his studies and I stumbled across this book which I received in exchange of my honest review. The book gives good insight and strategies in how to improve people to focus in learning anything which I found REALLY helpful for my son. I really recommend this book, also it is a good read!

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