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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 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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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

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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.

~~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.

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Focus, focus, focus on making your strongest traits even stronger. Especially once you are over 30 and

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