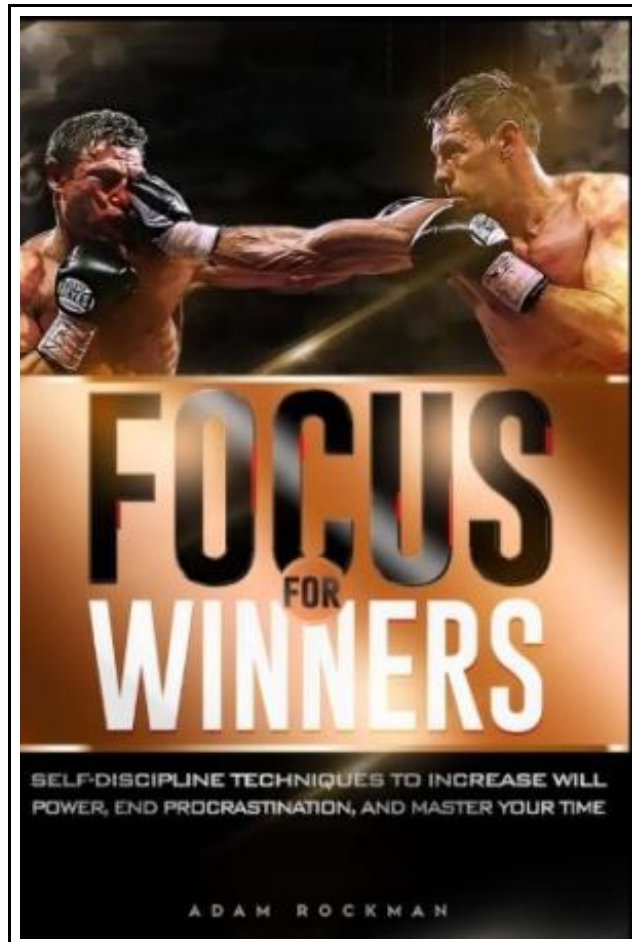


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Reviews

Complete guide! Its such a excellent read through. It is full of wisdom and knowledge I am very happy to inform you that here is the very best pdf i have got study inside my very own daily life and might be he very best pdf for possibly.



(Mr. Ronaldo Kulas)

FOCUS FOR WINNERS: SELF-DISCIPLINE TECHNIQUES TO INCREASE WILLPOWER, END PROCRASTINATION, AND MASTER YOUR TIME (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to achieve more in less time? What will you do with all the hours you save every day? Do you have trouble starting important projects? , Do tasks pile up until you are so stressed out you want to give up? If so, there is a simple solution: **FOCUS FOR WINNERS**. Imagine looking at your to-do list and immediately completing one task after another without even thinking about wasting time on distractions. Imagine finishing your work hours earlier than usual and what you will do with all the time you save. You can finally spend more time with family and friends! Amazon bestselling author, Adam Rockman, provides a clear blueprint on how to develop the focus of elite performers. He ll show you, step-by-step, how to eliminate distractions and do more in less time. **Focus For Winners** provides specific techniques that help athletes, entrepreneurs, business executives, artists, and students quadruple productivity, tune out distractions, and stop worrying about failure. Part of you enjoys the instant gratification of wasting time on various smart phone apps and staying up late binge watching a TV show you just discovered, But you know another part of you wants more from life. This part of you wants the discipline and willpower to achieve goals, and focus on the projects you really care about. Part of you is begging to win at life! **Focus For Winners** gets those 2 opposing desires into a dialogue so they can finally learn to cooperate. You will finally know how to overcome the impulsive urge to procrastinate and indulge in distractions. Think about how your life can change with this information. If you have always wanted to achieve more...

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