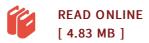




Concentration: Developing the Power (Paperback)

By Leadstart

Leadstart Publishing Pvt Ltd, India, 2013. Paperback. Condition: New. Language: English . Brand New Book. Concentration is sometimes spoken of as the ability to direct one s thinking in whatever direction one wishes to. We all have the ability to concentration span: this is the time we can concentrate on a specific task before our thoughts wander and our minds race from one thing to another. To deal with such times, we need to learn and practice concentration skills. In learning these skills the aim is to extend our concentration span, bearing in mind that we have different spans for different tasks. The main barriers to concentrating are boredom, anxiety and daydreaming. Therefore, to improve our concentration, we fist need to counteract these barriers. Our ability to do so depends on our own enthusiasm for the task. The power of concentration is an invaluable and lifelong asset in our lives.



Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- Blanca Davis

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD