



## 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 day-dreaming. Therefore, to improve our concentration, we first 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.

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