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By Jack Canfield

# The Power Of Focus By Jack Canfield

What really sets the best managers above the rest? It's their power to build a cadre of employees who have great inner

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work lives—consistently positive emotions; strong motivation; and favorable perceptions of the organization, their work, and their colleagues. The worst managers undermine inner work life, often unwittingly. As Teresa

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Amabile and Steven Kramer explain in The Progress Principle, seemingly mundane workday events can make or break employees' inner work lives. But it's forward momentum in meaningful

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work—progress—that creates the best inner work lives. Through rigorous analysis of nearly 12,000 diary entries provided by 238 employees in 7 companies, the authors explain how managers can foster progress

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and enhance inner work life every day. The book shows how to remove obstacles to progress, including meaningless tasks and toxic relationships. It also explains how to activate two forces that enable progress: (1)

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catalysts—events that directly facilitate project work, such as clear goals and autonomy—and (2) nourishers—interpersonal events that uplift workers, including encouragement and demonstrations of respect and

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collegiality. Brimming with honest examples from the companies studied, The Progress Principle equips aspiring and seasoned leaders alike with the insights they need to maximize their people's

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performance.

A new way of thinking about data science and data ethics that is informed by the ideas of intersectional feminism. Today, data science is a form of power. It has been used to expose



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injustice, improve health outcomes, and topple governments. But it has also been used to discriminate, police, and surveil. This potential for good, on the one hand, and harm, on the other, makes it

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essential to ask: Data science by whom? Data science for whom? Data science with whose interests in mind? The narratives around big data and data science are overwhelmingly white, male, and techno-heroic. In Data

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Feminism, Catherine D'Ignazio and Lauren Klein present a new way of thinking about data science and data ethics—one that is informed by intersectional feminist thought. Illustrating data feminism in action, D'Ignazio and

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Klein show how challenges to the male/female binary can help challenge other hierarchical (and empirically wrong) classification systems. They explain how, for example, an understanding of emotion can expand our ideas

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about effective data visualization, and how the concept of invisible labor can expose the significant human efforts required by our automated systems. And they show why the data never, ever

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“speak for themselves.” Data Feminism offers strategies for data scientists seeking to learn how feminism can help them work toward justice, and for feminists who want to focus their efforts on the growing field of

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data science. But Data Feminism is about much more than gender. It is about power, about who has it and who doesn't, and about how those differentials of power can be challenged and changed. Read the Wall Street Journal

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Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the



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ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you

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better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet,

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most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In *Deep Work*, author and professor Cal Newport flips the narrative

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on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a

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deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2.

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Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories-from Carl Jung building a stone tower

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in the woods to focus his mind,  
to a social media pioneer buying  
a round-trip business class ticket  
to Tokyo to write a book free  
from distraction in the air-and no-  
nonsense advice, such as the  
claim that most serious

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professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in



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Business & Leadership Wall  
Street Journal Business  
Bestseller A Business Book of  
the Week at 800-CEO-READ  
A groundbreaking exploration of  
what it means to be a late  
bloomer in a culture obsessed

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with SAT scores and early success, and how finding one's way later in life can be an advantage to long-term achievement and happiness. We live in a society where kids and parents are obsessed with early

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achievement, from getting perfect scores on SATs to getting into Ivy League colleges to landing an amazing job at Google or Facebook--or even better, creating a startup with the potential to be the next Google

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or Facebook or Uber. We see software coders becoming millionaires or even billionaires before age 30 and feel we are failing if we are not one of them. But there is good news. A lot of us--most of us--do not explode

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out of the gates in life. That was true for author Rich Karlgaard, who had a mediocre academic career at Stanford (which he got into by a fluke), and after graduating, worked as a dishwasher, nightwatchman, and

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typing temp before finally finding the inner motivation and drive that ultimately led him to start up a high-tech magazine in Silicon Valley, and eventually to become the publisher of Forbes magazine. There is a scientific

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explanation for why so many of us bloom later in life. The executive function of our brains doesn't mature until age 25--and later for some. In fact our brain's capabilities peak at different ages. We actually enjoy multiple

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periods of blooming in our lives. Based on several years of research, personal experience, and interviews with neuroscientists and psychologists, and countless people at different stages of their



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careers, Bloom reveals how and when we achieve full potential--and why an algorithmic acuity in math is such an anomaly in terms of career success.

Deep Work

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The Power of Focus Tenth  
Anniversary Edition  
The Power of Faithful Focus  
The 7 Laws of Focus: The #1  
Secret for Excellence,  
Productivity and Radical Results.  
The Future of Your Company

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Depends on It  
The Hidden Strengths of  
Learning and Succeeding at Your  
Own Pace

The Progress Principle

Does your mind wander? Do you  
find it hard to concentrate? Do you

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jump from one task to another? Are you stressed? Anxious? Depressed? Fearful? The life you want is within reach by learning the power of unwavering focus. By mastering the skill of focus, we can permanently lay these mental roadblocks to rest

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and become our best selves. Focus lies at the core of all human success, but never before have so many of us experienced the inability to concentrate. Distraction is a silent epidemic in our modern world. It is damaging relationships, our working

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lives and, ultimately, our happiness. We've become masters of distraction because that's what we practice all day, every day. As our fast-paced lives compete with a relentless bombardment of information, we switch focus from one thing to

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another all the time. And it's making us unhappy. The Power of Unwavering Focus is a practical, step-by-step guide to understanding and harnessing the human mind. Whether you're seeking to improve yourself as a parent, a leader or an

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attentive listener, this book will help you learn how to focus and in doing so, dramatically improve your productivity, relationships, mental health, happiness and your ability to achieve your life goals. Drawing on ancient Hindu monastic tradition,



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Dandapani, a former monk, shows us that concentration is a skill that we can learn and improve through practice. *The Power of Unwavering Focus*, provides a ten-step toolkit for learning, practising and mastering the power of concentration.

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Empowered by these new skills, the end result will be your ability to achieve your dreams and goals, and live a happy life full of purpose and joy.

Many women today feel their life is constantly in fast-forward mode-

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juggling careers, family and personal time. The Power of Focus for Women offers practical solutions for the real day-to-day issues that confront women from all walks of life. Similar to the format of the original best-seller, these solutions

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are highlighted as ten specific focusing strategies. Each chapter includes inspirational success stories and offers easy-to-implement action steps that will help women make significant improvements in their lifestyles. Topics include: Reality

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versus Fantasy The 5 Deadly  
Burdens Shedding the Masks We  
Wear Setting New Boundaries  
Creating an Excellent Balance  
Knowing What You Want and Why  
The Challenge of Change More than  
any other time in history, women

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around the world are now ready and waiting to create the life they REALLY deserve. This book shows them how!

A practical guide to managing your attention--the most powerful resource you have to get stuff done,

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become more creative, and live a meaningful life Our attention has never been as overwhelmed as it is today. Many of us recognize that our brains struggle to multitask. Despite this, we feel compelled to do so anyway while we fill each moment

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of our lives to the brim with mindless distraction. Hyperfocus provides profound insights into how you can best take charge of your attention to achieve a greater sense of purpose and productivity throughout the day. The most recent



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neuroscientific research reveals that our brain has two powerful modes that can be unlocked when we use our attention effectively: a focused mode (hyperfocus), which is the foundation for being highly productive, and a creative mode

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(scatterfocus), which enables us to connect ideas in novel ways.

Hyperfocus helps you access each of the two mental modes so you can concentrate more deeply, think more clearly, and work and live more deliberately every day. Chris Bailey

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examines such topics such as: •  
identifying and dealing with the four  
key types of distraction and  
interruption; • establishing a clear  
physical and mental environment in  
which to work; • controlling  
motivation and working fewer hours

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to become more productive; • taking time-outs with intention; • multitasking strategically; and • learning when to pay attention and when to let your mind wander wherever it wants to. By transforming how you think about

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your attention, Hyperfocus reveals that the more effectively you learn to take charge of it, the better you'll be able to manage every aspect of your life.

Mind Sciences - The Power of  
Focus & Application - Targeting the

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Human Mind describes in detail the science behind the power of focus and application, how to improve focus, improving focus, focus power, increase focus, and memory improvement. The human mind concentrates or is targeted on

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something or some object but can be focused on something else. A good example of this is reading a book but your mind is wandering on another subject; maybe a problem or a person or whatever. I know everybody has had this occur in their

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lifetime; many all too often. Focus & Application, when taken in concert, will allow an individual the ability to achieve whatever is focused upon. Written by one of the nation's leading behavioral scientists, Dr. Leland Benton is the



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author of over two dozen self-help books and nonfiction behavioral science texts. He is a best-selling Amazon author with over 200-books published on Amazon alone. This fascinating study is a must-read book because it unlocks the power

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of the human mind. Get your copy  
today!

How to Create the Life You Really  
Want with Absolute Certainty

Rapt

The Power of Less

The Power of Focus

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The Power of Focus & Application

One man's search for the truth about  
ghosts

Use The Power Of Breath To  
Energise Your Body And Focus  
Your Mind

Use breathwork to transform

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every area of your life. New science has revealed the effectiveness of breathwork to balance the body, relieve stress, control anxiety, boost self-esteem, and more. In a beautifully illustrated package, Breathwork

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gives you 50 step-by-step practices that you can use at home, each with expert advice on body position, depth of breath, speed of breath, visualization, duration, and repetition.

Techniques include conscious

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connected breathing, pranayama, and qigong breathwork. With internationally renowned author and teacher Nathalia Westmacott-Brown, you'll learn how to breathe mindfully and with control, using different breath practices for

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targeted outcomes - from overcoming insomnia to releasing anger or relieving depression. Breathing with purpose can help you to heal - and become the healthiest and happiest you can be.

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“A must-read for anyone who wants to understand why they behave as they do.” —Art Markman, Ph.D., author of Smart Thinking Do you play to win? Or do you play not to lose? As Tory Higgins and Heidi Grant



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Halvorson have discovered in their work at Columbia University's Motivation Science Center, everything we do is motivated either by a desire to be better off or to simply hang on to what we've got. And

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understanding the simple but crucial difference between the two can empower you to motivate yourself and influence everyone around you. Examining how promotion/prevention focus applies across a wide range of

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situations—from selling products to managing employees to raising children to getting a second date—Halvorson and Higgins show us how to identify, change, and use focus to get the results we want.

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As her family struggles to get back on their feet, sixteen-year-old Bernice Dodd has to learn to get a handle on her rage.

Simultaneous.

Do you keep flitting from one goal to another? Do you hustle without

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having much to show for your efforts? If so, it's time for you to develop laser-sharp focus and achieve concrete results that will make a real difference in your life. Author and coach, Thibaut Meurisse, wants you to reclaim

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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

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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%. In Master Your Focus,

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you'll discover: What true productivity really is (and how to master it) The 3 types of focus and how exactly you can develop each of them How to stop jumping from one thing to the next and finally complete your key tasks



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(and why this is so critical) How to dramatically reduce your learning curve by finding the right information and applying it effectively How to achieve more by doing less The 17 simple strategies to boost your focus And

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much more. Master Your Focus is your must-read guide to help you sharpen your focus and skyrocket your results long term. If you like easy-to-understand strategies, practical exercises, and no-nonsense teaching, you will love

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Yourself, Build Momentum and  
Sustain Long-Term Motivation  
Do Less, Be More  
The Power of Concentration  
The Power of People Group

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Thinking : a Practical Manual for  
Planning Effective Strategies to  
Reach the Unreached  
How to Get from Where You Are  
to Where You Want to Be  
Focus (HBR Emotional  
Intelligence Series)

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Use Different Ways of Seeing the  
World for Success and Influence  
The Power of Appreciation  
Written for employees who  
feel distracted or scattered,  
"Focus" is sure to help  
readers get past

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procrastination, overcome today's 24/7 bombardment of messages and demands, escape from deadly routine, and infuse their lives with creativity, flexibility, and power.

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Tommy Newberry's best-selling *Success Is Not an Accident* (self-published in 1999) has helped over 100,000 readers achieve higher levels of success in both their personal and



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professional lives.

Reminiscent of best-selling authors Stephen Covey and John Maxwell, Newberry teaches readers the power of goal setting, time management, visualization,

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and self-talk so they can achieve peak levels of performance in all areas of their lives.

"The authors make it clear it's a lot better to thrive, not just survive, during and after

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your college career. It's been well researched, and presents the facts in a succinct and easy to grasp way. The writers have focused on their material and it shows. Powerful

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people are focused people.  
Focus on this book and give  
yourself a head start."

-Donald Trump Over half a  
million people have read The  
Power of Focus (co-authored  
by Les Hewitt and the

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creators of Chicken Soup for the Soul—Jack Canfield and Mark Victor Hansen) and have used its principles to dramatically change their lives. It's now time to get college students in on the

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action. In teaming up with two recent college grads, this bestselling series has produced another groundbreaking book that answers the ultimate question to an international

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phenomenon—why are millions of graduates struggling to find a fulfilling career? The answer to what students need, what employers want, and what the 21st century demands, is

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all found within the pages of this book. Using student friendly lingo, inspiring stories and plenty of cartoons, The Power of Focus for College Students teaches you an exciting new



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approach to college education. Included are nine practical focusing strategies that will ensure your college investment leads to concrete opportunities in a career you love. **INSIDE THIS BOOK**

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YOU'LL DISCOVER: A simple activity for gaining instant clarity on what career is best for you How to tap into the hidden job market where 80% of jobs are found What 3% of Yale graduates do that

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lead them to become wealthier than the other 97% combined Four fighting tactics to break through procrastination and fear The truth about money—a proven method for achieving

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financial freedom If you are bewildered by career options, questioning your major, unsure what extracurricular activities to join and want to learn the timeless success principles

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used by the worlds top achievers, then this book should be number one on your reading list. The Power of Focus for College Students is the answer for high school graduates and college

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Freshmen looking for guidance, college Seniors who are searching for an attractive career and anxious parents wanting assurance that their college investment is being spent

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wisely. Get started now—the countdown to graduation has already begun! "This book empowers students to focus on what matters most—finding a career that they will be passionate about

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and how to kick start that career." —Dr. Stephen R. Covey, Author of #1 New York Times bestseller, The 7 Habits of Highly Effective People and The 8th Habit: From Effectiveness to



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Greatness "This book is packed with empowering and inspirational success strategies to help students build the future they want after college." —Jack Canfield, Co-creator, Chicken

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Soup for the Soul® series;  
author of the bestseller, The  
Success Principles "I wish I  
had read this sort of book a  
generation ago when I went  
to college. However, the  
information contained in this

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book is far more important  
today than it ever was."

—Pat Williams, Senior Vice  
President of the NBA's  
Orlando Magic

The promise of becoming  
more by doing less sounds

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incredible almost too good to be true but people intuitively know it is possible when they get "engaged."

Power Hour

Change Your Choices;

Change Your Life

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How to Beat Procrastination  
and Achieve More  
How to Manage Your  
Attention in a World of  
Distraction  
The Power of Now  
Mental Focus

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## Out of Focus

*BE DETERMINED. BE DRIVEN.*

*BE UNSTOPPABLE. Don't just coast through life - power through. Stop making plans that don't come to fruition. Everyone's busy,*

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*but nobody's getting much done. It's time to start achieving our life goals and not letting life itself get in the way. GET ORGANIZED. LEAD. BUILD RELATIONSHIPS. DELIVER*

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*RESULTS. With training from accomplished business coach and endurance triathlete Pete Wilkinson, you'll learn how to hone a razor sharp focus, keep driving through to the*



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*finishing line and become what you've always wanted to be. You'll learn how to be more productive, expand your support system, and make things happen. You'll discover your strengths*

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*and weaknesses, and how to leverage one and delegate the other. With a practical, straightforward action plan for life, Unstoppable will help you: Gain a crystal-clear*

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*overall focus Direct your  
attention to key areas of  
priority Lead yourself and  
others more effectively  
Make the most of each  
day's 86,400 seconds  
Improve personal and*

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*professional relationships  
So, dust off your  
aspirations and drag them  
into the light. Get rid of  
the frustration, regain  
your focus, and start  
making your goals a*

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*priority. Unstoppable  
gives you a roadmap to  
your very best  
destination.*

*Everybody has dreams--but  
how many of us get to see  
our dreams come true?*

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*Disneyland, Starbucks,  
Google, the first manned  
landing on the Moon, every  
novel ever written, ever  
motion picture ever  
filmed, every painting  
ever created--all began as*

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*a dream in someone's  
imagination. And all  
became real through the  
power of Extreme Focus.  
After assembling an NBA  
championship team in  
Philadelphia in the 1980s,*

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*author Pat Williams  
dreamed of building an NBA  
expansion team in central  
Florida--the Orlando  
Magic. Applying the same  
success principles he  
teaches in Extreme Focus,*



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*Williams achieved that dream. For more than two decades, the Magic has been rocking the sports world and proving that dreams really do come true through the power of*

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*Extreme Focus. This is not just another collection of rah-rah motivational slogans. Extreme Focus is a practical, proven, step-by-step guide to turning dreams into reality,*

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*written by someone who has  
been there, done that. In  
these pages, Pat Williams  
shows you how to discover  
and focus on your passion  
in life, how to achieve  
great things tomorrow by*

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*focusing on today, how to discipline yourself for success, how to increase your courage and confidence, and more. The principles and stories in Extreme Focus will get you*

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*off the treadmill of a ho-  
hum life and onto the road  
to your dreams!*

*This breakthrough book  
presents a disarmingly  
simple idea: The way we  
pay attention in daily*

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*life can play a critical role in our health and well-being. According to Dr. Les Fehmi, a clinical psychologist and researcher, many of us have become stuck in*

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*"narrow-focus attention":  
a tense, constricted,  
survival mode of attention  
that holds us in a state  
of chronic stress—and  
which lies at the root of  
common ailments including*

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*anxiety, depression, ADD,  
stress-related migraines,  
and more. To improve these  
conditions, Dr. Fehmi  
explains that we must  
learn to return to a  
relaxed, diffuse, and*



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*creative form of  
attention, which he calls  
"Open Focus." This highly  
readable and empowering  
book offers  
straightforward  
explanations and simple*

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*exercises on how to shift into a more calm, open style of attention that reduces stress, improves health, and enhances performance. The Open-Focus Brain features eight*

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*essential attention  
exercises for improving  
health. Dr. Fehmi writes,  
"Everyone has the ability  
to heal their nervous  
systems, to dissolve their  
pain, to slow down and yet*

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*accomplish more, to experience the deeper side of life—in short, to change their lives for the better dramatically." At last readers can learn the techniques that Dr. Fehmi*

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*has offered to thousands of clients—the same drug-free, safe, and effective techniques that have led to remarkable and long-lasting results. The Open-Focus Brain offers readers*

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way to: • alleviate  
depression, anxiety, and  
ADD • reduce stress-  
related chronic pain •  
optimize mental and  
physical performance The*

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guidance on: • essential  
attention exercises from  
the book, led by Dr. Fehmi  
• how to "train the brain"*

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*to reduce stress, anxiety,  
chronic pain, and more •  
safe and effective  
techniques used in Dr.  
Fehmi's clinic for decades  
The behavioral scientist  
author of Just the Way You*



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*psychology to cover such topics as the human capacity for training concentration, the ways in which the creative mind thinks, and why people deliberate on the wrong*

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decisions.*

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The Success Principles (TM)  
Harnessing the Life-  
Changing Power to Achieve  
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Chasing the Next Thing and  
Focus on What Matters  
Until It's Done  
The Hidden Forces that  
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## **Hyperfocus**

**Using Small Wins to Ignite Joy,  
Engagement, and Creativity at Work**

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**The Power of Focusing**

With the countless distractions that  
come from every corner of a

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modern life, it's amazing that we were ever able to accomplish anything. The Power of Less demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and

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productive habits Hone your focus  
Increase your efficiency By setting  
limits for yourself and making the  
most of the resources you already  
have, you'll finally be able work less,  
work smarter, and focus on living  
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The life you want is in reach, if only you can master the power of focus. Anxiety, stress, worry, and fear—these are the mental maladies that literally plague us, contributing not only to our growing unhappiness, but also to physical

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ailments such as heart disease and obesity when left unmanaged. As Hindu priest and renowned speaker Dandapani shows in this eye-opening and enriching new book, it is only through mastering one skill—the skill of focus—that we can

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permanently lay these mental roadblocks to rest. Dandapani spent ten years in a cloistered monastery, learning invaluable lessons on the benefits of concentration. In THE POWER OF UNWAVERING FOCUS,



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Dandapani teaches readers how to move awareness within the mind with willpower, incrementally integrating the practice of focus into daily life, resulting in sustainable change. Through his lectures and courses, Dandapani ' s message of

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focus has already reached and helped millions overcome distraction. Now, **THE POWER OF UNWAVERING FOCUS** opens readers ' eyes to how practicing the skill of focus can drastically improve productivity, relationships, mental

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health, and happiness—ultimately gifting us the ability to direct awareness and energy toward achieving our life goals.

When journalist and ghost sceptic Will Storr heads to Philadelphia to meet Lou Gentile, a demonologist,

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he expects a little fun with an amusing eccentric. What he gets are terrifying experiences of spectral lights and horrific demonic growling - and all of his safe, adult preconceptions about ghosts instantly vanish. In the cold light of

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day, Will decides on a quest for the truth about ghosts. He meets professional paranormal investigators and takes part in séances and a vigil in the most haunted house in Britain, tries out divining rods and ouija boards, and

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goes on set with TV's Most Haunted. But Will also seeks out the sceptics in clinical psychology and philosophy who ask if spirits are really just in our heads. His journey is full of bizarre, terrifying and hilarious experiences, each

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one a new insight into life, death and what might come after.

Written by a former professional baseball player whose career was ended with an injury to his pitching arm in the middle of his third season, *Focus on the Good Stuff* is



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True Spiritual Commitment &  
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achieve all of the wonderful  
things that are possible for you.  
There is no reason for you not to

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be earning twice as much as you are today, or even five or ten times as much. Your potential is practically limitless, if you could just learn how to utilize it. Clarity, Focus, and Concentration: Three strong, simple attributes needed

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to hone in your potential and hit the bull's eye! And just as you can develop your physical muscles through hard work and concentration, you can develop your mental muscles through continuous repetition. You have

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the ability right now to achieve more than you ever have before. Bull's Eye will teach you how to unleash your powers for success and accomplish more in the next few months than many people do in a lifetime.

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top salesperson in your company, become a leading architect, score straight A's in school, lose weight, buy your dream home, or make millions of dollars—the principles and strategies are the same. From

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learning these basics, you can then tackle the important inner work needed to transform yourself. After this inner work, you can turn to building a "success team" and the important ways of transforming

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you have enough to live the lifestyle you want, while keeping the importance of tithing and service central to your financial practice. Taken together and practiced every day, these principles will transform your life

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book' EMMA GANNON \_\_\_\_\_

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potential. How many times have you said, 'I'd love to do that, but I don't have time'? The Power Hour message is simple: one hour a day is all you need to change your life for the better. We all have an hour to dedicate

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to ourselves and our dreams,  
whether we think we do or not.  
Power Hour will show you how to  
harness the first hour of your day  
in order to achieve your goals -  
whether those are writing a book,  
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passion - before the rest of the world wakes up and starts competing for your attention. From the importance of developing a growth mindset to creating powerful habits and the significance of daily movement, it

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to business management is founded on the premise that long-lasting success depends on focusing on core products and eschewing the temptation to

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diversify into unrelated enterprises. Using real-world examples, Ries shows that in industry after industry, it is the companies that resist diversification,

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and focus instead on owning a category in consumers' minds, that dominate their markets. He offers solid guidance on how to get focused and how to stay focused,

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minister and theologian  
Charles Self to adapt  
his core focusing  
strategies for  
contemporary Christians  
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and practical applications relevant to their lives. Biblical references, scripture and success stories teach practical methods for putting their faith

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to work and attaining the prosperity Christ offers. Some of the focusing strategies include: Living on Purpose, with Action Steps for discovering

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and living God's  
specific purpose;  
Creating Optimum  
Balance, with Action  
Steps for reducing  
stress; and Maintaining  
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wind from one task to the next and regularly lose our ways in life. This can be all change with simple adjusts and a change in habits. Learn to create daily



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goals How to achieve more. Find an accountability partner and have public accountability. Change your day and become a task master. Protect

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your time. How To Create  
Our Daily Goals You're  
busy. I'm busy.  
Everyone's busy. Yet  
despite this bustle, we  
regularly don't feel  
especially productive

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from day to day. Entire weeks can flash by in a blur of meaningless emails, conferences, and admin tasks while the "massive stuff" is going untended. As the

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nineteenth-century philosopher Henry David Thoreau wrote, "It isn't enough to be busy. So are the ants. The question is: What are we busy about?" If we want

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to take back control of our workday schedules and priorities, the simplest way to do it is by way of relentlessly wondering how we're spending our time.

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However, what questions ought we to ask? I reached out to a handful of normal 99U individuals and the 99U convention audio system to get their insights on

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daily energy and  
assignment control.

Here's what they said:

From Leo Babauta of Zen  
behavior: What are you  
doing in this moment?

The simple act of

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becoming more aware of  
what you're interested  
in helps you to  
recognize what you need  
it to be - growing  
something extraordinary.  
Too often, we get



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distracted or get caught  
in unimportant tasks -  
coming back to the  
moment will often  
assist. From Tony  
Schwartz of the strength  
project: Are you

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scheduling time each day  
to have awareness  
without interruption?  
Set aside at the least  
one period throughout  
the day - no more than  
90 minutes at a time

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(and as close to that as feasible) - to have awareness without interruption. Time, in other words, to do something essential, however, no longer

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urgent - to put something in writing, replicate, strategize, consider, paint etc., on a long-term project. The key here is control of attention. We're so

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distracted, and we're feeding that feeling on every occasion we switch between responsibilities. We need to (re)educate our attention. Focused

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interest can serve obligations - that's the left hemisphere at work, doing rational, deductive, logical, step-by-step questioning. The other

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sort of attention, which serves creativity, is where the right hemisphere is dominant. That calls for deeply quieting the thoughts. It was Betty Edwards

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(drawing on the proper aspect of the mind) who located that one powerful manner to prompt a shift from left to the right hemisphere is to copy an upside-



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down line drawing. Or to genuinely count to a certain number. But there are lots of approaches to activate the shift: take a walk in nature, go for a run,

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and concentrate on a classical tune... even take a bath. It's repetition that causes the shift. The more we teach any muscle - which includes the right

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hemisphere - the more potent and more lively it becomes. This all can be achieved here with the change of habit you can very easily tap into your power of great

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and Body

Will Storr Vs. The

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**into habits that will make  
you debt-free and wealthy -  
Create an excellent balance  
between work and family life  
- without guilt! Your  
ability to focus will  
determine your future, so  
start now!**



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How to Improve Your  
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Productivity and Become a  
Beast at Whatever You Do  
Invisible Influence**