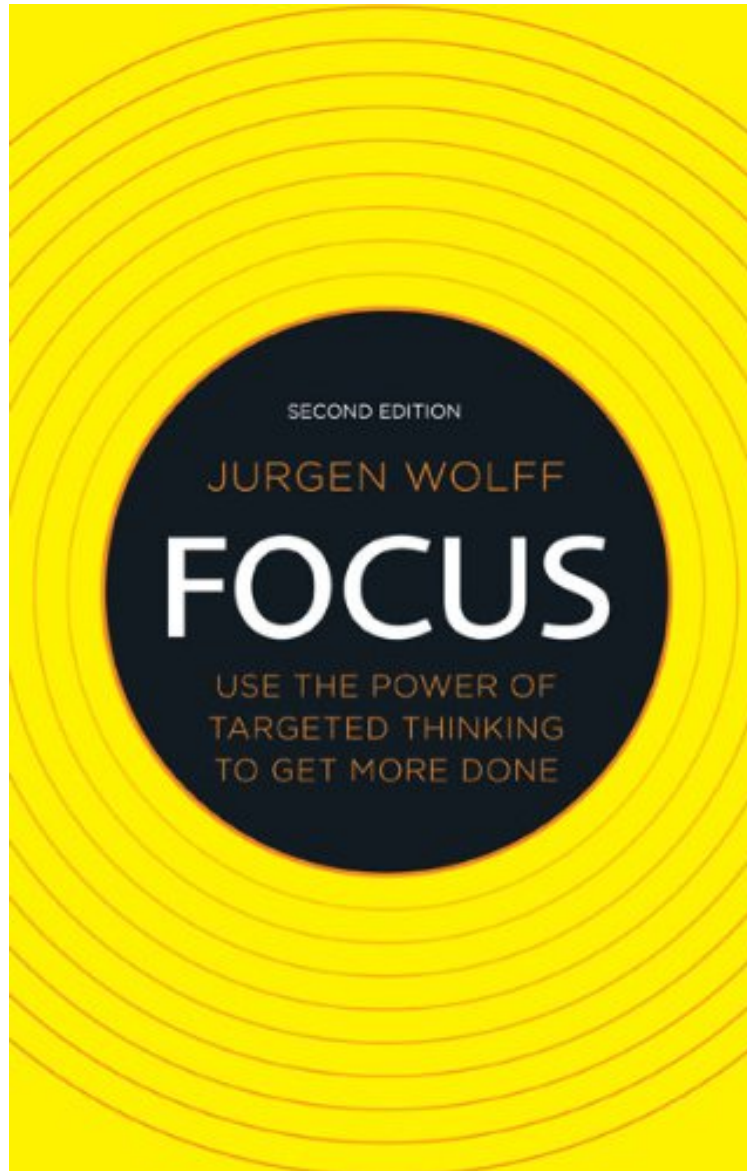


(Read free ebook) Focus: Use the power of targeted thinking to get more done

Focus: Use the power of targeted thinking to get more done

Jurgen Wolff

*ePub | *DOC | audiobook | ebooks | Download PDF*



 Download

 Read Online

#1358834 in eBooks 2012-09-26 2012-09-26File Name: B00A8N8K0Q | File size: 48.Mb

Jurgen Wolff : Focus: Use the power of targeted thinking to get more done before purchasing it in order to gage whether or not it would be worth my time, and all praised Focus: Use the power of targeted thinking to get more done:

0 of 0 people found the following review helpful. Very Helpful but...By WumingIt is a very good book. However, when reading the book everything sounds very reasonable and helpful, but after putting the book down, it gradually becomes mixed with several other books on the similar topics.4 of 4 people found the following review helpful.

Incredibly HelpfulBy AllisonAs a college student, I cannot even begin to describe how helpful this book was to me!

I've read other books that are supposed to help with focusing, but nothing has come close to being as influential as his book. The tips and advice make so much sense and were easy for me to implement in my life. The best part is that nothing required a big shift or lifestyle change. They were all simple and straightforward steps I could take immediately ...and I did! I saw almost instant changes to the way I approached my schoolwork and job. His book has really made a big impact on my life in the best way possible. I've become way more productive and my grades show it! I couldn't be more thankful that he wrote this book!! Anyone can read this book and take something away. The tips are easy to apply to basically any kind of lifestyle. They're all interesting and like nothing I've ever heard of before. But they really work! It would be a mistake not to check this book out! 4 of 4 people found the following review helpful. A Howling Great Book from Wolff By Metaworld I actually ordered this book before it was available in the US because of an immediate need for focused attention in my life. As a result of what I learned I will be brief here because I have other important things to do. Jurgen Wolff provides a wealth of informed, practical, and useful tools, tips, and techniques to help anyone become more focused and productive. I say anyone, because most books like this encompass a more left brain, logical approach. Jurgen provides a more balanced approach because he also addresses the needs and struggles of the more creative, right brained folks and suggests different approaches for them to use. One of my favorite methods is using alter-egos to help focus and get things done. It has worked really well for me; the only concern I have is that I may be becoming schizophrenic. Which reminds me, the author interjects just enough humor to make the whole book an enjoyable read. So buy it, read it, and do it - you'll be glad you did.

Feeling distracted? Scattered? Time is slipping away from you? You're not alone. But it doesn't have to be that way. Using revolutionary time management techniques you will find out how to super charge your mind power and focus on what matters most - your goals and your achievements. Focus shows you how to direct energy without distraction to the key tasks that lead you to success. Based on the latest research, these techniques make it easy for you to overcome information overload, stress and procrastination and concentrate on what's really important. Using these recent discoveries in time management, like how to achieve a state of flow that can lead to maximum achievement in minimum time, Focus will show you how you can move swiftly towards your most important goals. The result: you reach your goals quickly and with less effort.

From the Back Cover **INTERNATIONAL BESTSELLER** In a world of constant distractions, we all need help to find our focus. From the moment we wake up, we are bombarded with information. With so little time to concentrate, our performance levels are far from what they should be. Focus: Use the power of targeted thinking to get more done is set to change your world. Using revolutionary time management techniques and a new breakthrough strategy to help you see obstacles before they happen, you'll find out how to find your focus, no matter what your distraction. Supercharge your mind power and achieve more than you ever thought possible. Prepare to be amazed and amazing. "Deciding where and how to put your energy, hour-by-hour, day-by-day, is the only road to success. Focus will help you find that road and, more importantly, stay on it." Bob Cochran, co-creator of 24 More than just a book. Log on to www.focusquick.com and discover an exciting multi-media package, including video interviews, diagnostics, mp3 and pdf downloads, blogs, podcasts and e-bulletins. About the Author Jurgen Wolff is the author of *Your Writing Coach* (Nicholas Brealey Publishing), *Do Something Different* (Virgin Books), and *Successful Scriptwriting* (Writers Digest Press, with Kerry Cox). He's also written many articles, including a personal development column for the Times Educational Supplement. He teaches workshops on personal development, time management, creativity, and writing around the world. Jurgen has lectured at the University of Southern California, for the Skyros Institute, the Academy for Chief Executives, and for Fremantle Media, the London School of Journalism, the European Media programme, and at private workshops in the United States, England, Spain, Germany, Denmark, France, South Africa, Belgium, and the U.S. Virgin Islands. Jurgen is a Neuro Linguistic Programming practitioner and a certified hypnotherapist and Time Line therapist. He is the author of our upcoming title, *Creativity Now* as well as, Series Editor for the *For Entrepreneurs* series and author of *Marketing for Entrepreneurs*.