



# **100% Focused: 25 Great Ways To Improve Your Focus And Concentration (How To Be 100%)**

## **(Volume 1)**

*John Morgan*

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**How To Improve Your Focus And Concentration?** The minds of successful people are well organized and have the ability to focus. If you want to make the most out of your life, developing this kind of mind is essential. The big challenge in achieving this goal is being in a culture that glorifies amount of work done rather than high quality work. Most low-level jobs, where young adults are hired, require very little creativity and critical thinking. This creates a culture of taking shortcuts to achieve objectives that we are not really passionate about. Because of the advancement of consumer electronic technology, we are surrounded by distractions that are constantly craving engagement. The engagement we give these distractions is taking away our ability to focus on the things that really matter. If we could just spend less time tapping our smart phones, we could do a whole lot more with our waking hours. Indulging in these distractions also promotes the practice of constantly switching attentions. This habit kills our ability to focus. People who have this kind of habit often become uncomfortable when doing one thing for a long period of time. They lack the ability to continue working, especially if the task is very boring. Luckily, there are ways to rehabilitate our ability to focus. We can enhance our minds and condition them to be ready for tasks that require prolonged attention. However, we need to develop habits and practice some exercises to be able to accomplish this. This book provides you with these habits and the exercises. They will help you develop a mind capable to concentrating for longer periods of time. There is no ultimate technique that will work for everyone. That is why we provide you with 25 techniques. If the first tip will not work for you, you still have 24 chances to improve your focus.

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