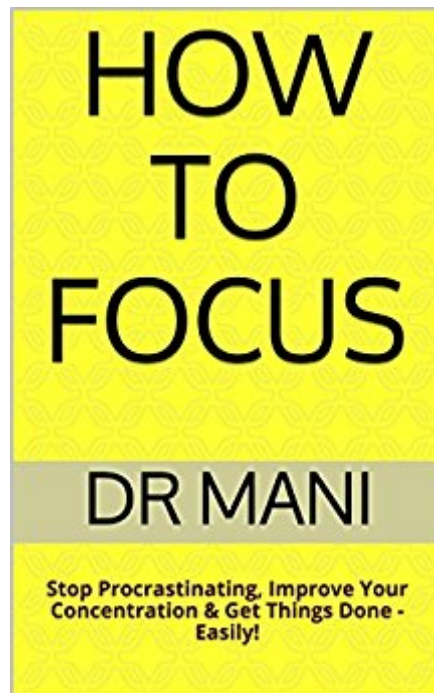


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# How To Focus: Stop Procrastinating, Improve Your Concentration & Get Things Done - Easily!



## Synopsis

How To Focus Better - And Turbocharge Your Efficiency  
**LEARN::** Why Most People FAIL To Focus Better & Get Things Done  
In a world of "information overload" and 24/7 distraction, your greatest challenge is to focus on what really matters. Each morning, you draw up a to-do list with good intentions - but get distracted, procrastinate or lose focus. And the next thing you know, the day is almost over. You've worked hard but feel frustrated, unproductive, pressed for time.  
**DISCOVER::** How To Stay Focused - And Find 3 EXTRA Hours In Your Day... Every Day!  
In "How To Focus" you will learn to tune out distractions, achieve more, and enjoy deeper satisfaction - with lower stress and zero frustration. When you master the art of focus, you will become more effective - right away. This powerful guide will teach you to become laser-targeted on your biggest goals... and reach them effortlessly. You'll learn to rethink the way you manage your life.  
**DOWNLOAD::** How To Focus - Stop Procrastination & Get Things Done  
In this guide on how to concentrate, you'll see:- how to maximize your time, effort and resources- why you find it hard to focus, and tackle distractions- how to make the right choices and set correct priorities- the secret of balancing work and family- ways to lower stress, beat procrastination and feel fulfilled- how to get effective at changing people's behavior- how the world's most successful people practice focus  
Your ability to focus controls your future. It's not hard. Just take action consistently on four key areas. Start right now with the lessons in "How To Focus"!

## Book Information

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## Customer Reviews

I have been a big fan of Dr. Mani for years. He has a smooth and effective writing style. This book was not a disappointment! Dr. Mani outlines the way to effectively get focus, and more importantly, achieve your goals in "How to Focus". With some great examples, wit, and uncanny perception he leads you down the path to understand how to focus. It can be just simple things you leave out that makes all the difference in the world. Using this, book you can become a more focused person using his simple techniques. It helped me to see why I can focus sometimes and not others and to improve what I am already doing. If you need to get things done, this is a MUST book to read.

A journey begins with the end in sight - the destination. Have you started on your journey? And am asking from ourselves, 'do we know where we are taking ourselves now'? Most people think the word 'illusion' is limited only to the occurrences of one's sight [visual or optical]. But studies reveal that it is not so, and that 'visual illusions' (optical illusions), happens to be the most well-known and therefore understood. The notion that a 'business book' is only meant for corporate executives, is also an illusion. Hence the general public is hampered to think so at the slightest chance of wanting to read on the available 'tools of change'? Isn't it time to realize that our life is - our business! Thirty years ago - mind you a good thirty years ago, a business book was written titled 'The Goal' by Eliyahu M. Goldratt. He was an educator, author, scientist, philosopher, and a business leader. It was written like a novel with nuggets in all its 408 pages and became highly recommended. In the mean time, until you cultivate your reading habits with laser targeting this book is a must read to every one. Because: a) The writing is an easy read with just around 55 pages. b) Thirty years later, it's a book for our times c) And if you have realized that, 'your life is - your business', this book will make you fly. d) Written by a Paediatric Cardiac Surgeon who works with families who are under-privileged. He performs surgery on children born with heart defects to these families who have no resources to do anything about it.

Dr. Mani is a cardiac surgeon in India. He does lots of surgery on the hearts of children, many (most?) of them are born with damaged hearts. By buying this book I help support his efforts with

these kids.

...especially when our attention span became the shortest in human history!! really needed this guide since it took me three days to finish it... always being distracted by some other things before arriving to the last page.If you read it and internalize it, i.e. you take action following the blueprint presented by the author to create helpful little rituals that will help you focus - you only need some self-discipline to achieve your wildest goals and dreams.Yes, self-discipline is a word we all hate (because we only like to discipline others not ourselves) but Dr Mani teaches us to look at it from a different perspective to see the brighter side. He will also tell you how to put your ladder in the right place - and trust me, you'll have fun with this.Normally, I don't like self-help books: in most of cases they are overblown, pompous and useless. So, this little booklet caught me by surprise. Simple, helpful and to the point - those would be the words best describing it. I will need to create a small workbook (or at least some work sheets - perhaps an idea for an addition in future editions) based on the ideas presented in the book to get more focused on my plans. Because no matter at what stage we are in your life journey, whether at the beginning of your career or approaching retirement, we all need plans and to be able to focus.The author, Dr Mani is lucky in a way: his daytime job, being a pediatric heart surgeon, taught him to focus, since it is a matter of life and death. And now he passes on what he learned and tells us how to improve our efficiency, and our life, by learning how to focus.

HOW TO FOCUS - by Dr Mani SivasubramanianI would most sincerely urge anyone who wants to 'get things done' and 'stop procrastinating' to get this invaluable, very comprehensive report by Dr Mani Sivasubramanian.Dr Mani, a very successful paediatric cardiac surgeon, is also a very successful 'infopreneur'. It is his heart's desire to fund cardiac surgery for the children who require it, in his home country, India, but whose families do not have the financial means to pay for it. Becoming a marketer of information has enabled Dr Mani to save the lives of many of these children through his funded surgery. Because of his very busy life, he has developed a very efficient time management system.Dr Mani has written several guides on time management; 'How to Focus' being one of them. He teaches you in this guide essentially how to be able to get things done to completion, by setting your goals, focusing on the task in hand, prioritising important tasks, and how to avoid distractions and anything that does not get you to your goal(s) and so much more in this report. It has to be read to be fully appreciated.Dr Mani goes in-depth in this report, and tells you what he himself does, as well as giving tips, anecdotes, and access to another brilliant report on his

website. He also teaches you how to enjoy the process, which is so important in keeping up momentum. This is a very inspiring and motivating report which is worth every penny it costs and so much more. As he points out, you can be a master of your own destiny - wake up and take control!!

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