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Improving your mental focus is achievable, but that doesn't mean that it's always quick and easy. If it was simple, then we would all have the razor-sharp concentration of an elite athlete.. It will take some real effort on your part and you may have to make some changes to some of your daily habits.

7 Useful Tips for Improving Your Mental Focus

7 ways you can take control and refocus your business Just because the industry (and the world) is going through a major shift doesn't mean you can't quickly learn to adapt to the changing situation.

7 Ways You Can Take Control And Refocus Your Real Estate ...

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Real Focus, Take Control and Start Living the Life You ...

These are the 5 areas that you can take control of to succeed in your game and in your life: 1. The Breath - To create a mental environment that is clear and aware of what is needed to take control, the breath is the very first tool to utilize. In a previous post, I discussed the box breath (breathe in 4 counts, hold 4, exhale 4, hold 4, and repeat) or just feel and notice the breath to ...

Direct your Focus and take Control! - Cheri Cope

Productivity expert Maura Thomas explains why time management is no longer a sufficient or effective way to be productive—and how attention

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management is actually the best way to focus, get things done, take back control of your schedule, and reduce distractions.

Attention Management: Productivity Skill You Need to Take ...

When you control the focus of the meeting, you control the meeting. Keeping the focus on the prospect's problem helps you sell faster. The salesperson framed the issues for me: I could keep looking, or I could take action. He let me know what would happen if I kept looking. He kept me focused on my date, my dinner reservation and my travel time.

Sales Tips: How to Control the Sale | Monster.com

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