



Real Focus: Take Control and Start Living the Life You Want (Paperback)

By Psychologies Magazine

John Wiley and Sons Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 1. Auflage. 197 x 128 mm. Language: English . Brand New Book. Psychologies, the leading magazine for intelligent people, provides their inspirational yet rigorous approach to the perennial topic of focus, to include topics of mindfulness, clarity and productivity. How are you today? We would hazard a guess that your answer will be along the lines of I m so busy, I feel so frazzled, or what-am-I doing-even reading-this-book, I ve got so much to do! However, we also suspect that you know in your heart of hearts, that life s not supposed to feel like this. You re not supposed to feel like you re in a hamster wheel that you can t get off; that life is a whirlwind or one never-ending To Do list. You know there has to be another way - but what is it? Well here it is: Real Focus. Written in association with Psychologies Magazine the leading magazine for intelligent people, covering work, personal development and lifestyle issues Real Focus is: * Packed full of tips, techniques and advice to help you focus in on what matters * Based on scientific...



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