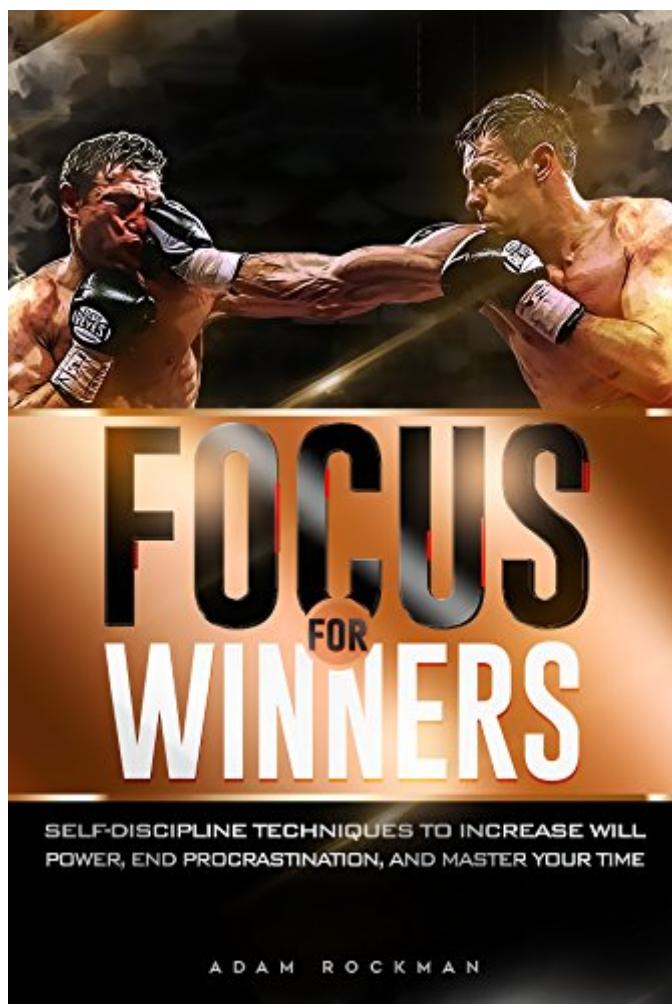


The book was found

Focus For Winners: Self-Discipline Techniques To Increase Willpower, End Procrastination, And Master Your Time



Synopsis

Do you want to achieve more in less time? What will you do with all the hours you save every day? Do you have trouble starting important projects? Do tasks pile up until you are so stressed out you want to give up? If so, there is a simple solution: FOCUS FOR WINNERS. Imagine looking at your to-do list and immediately completing one task after another without even thinking about wasting time on distractions. Imagine finishing your work hours earlier than usual and what you will do with all the time you save. You can finally spend more time with family and friends! bestselling author, Adam Rockman, provides a clear blueprint on how to develop the focus of elite performers. He'll show you, step-by-step, how to eliminate distractions and do more in less time. Focus For Winners provides specific techniques that help athletes, entrepreneurs, business executives, artists, and students quadruple productivity, tune out distractions, and stop worrying about failure. Part of you enjoys the instant gratification of wasting time on various smart phone apps and staying up late binge watching a TV show you just discovered. But you know another part of you wants more from life. This part of you wants the discipline and willpower to achieve goals, and focus on the projects you really care about. Part of you is begging to win at life! Focus For Winners gets those 2 opposing desires into a dialogue so they can finally learn to cooperate. You will finally know how to overcome the impulsive urge to procrastinate and indulge in distractions. Think about how your life can change with this information. If you have always wanted to achieve more then you must read Focus For Winners by Adam Rockman. Inside you'll discover:

- How to get in the zone and kick ass as if you could predict the future
- How to politely prevent others from interrupting your focus
- The Four Step Plan to achieving any goal
- How to Take advantage of your most productive hours
- How to give up addictive distractions you don't need in your life
- How to instantly increase focus
- How to increase your attention span
- The most effective supplements for increasing focus and productivity
- How to prioritize tasks so they are congruent with your life goals
- How to stop sabotaging yourself
- How to train and improve focus daily
- A FREE BONUS CHAPTER on self-control
- A FREE BONUS CHAPTER on Motivation
- And Much More!

This advice has helped many people just like you master focus and laugh at distractions before getting back to work. See what others are saying:

• "Some of my bad habits really piss me off. I sell knives made in my garage, but I often get lazy about it. I really wanted to expand my business but then I do lame things like play video games all day. Focus For Winners was like a slap to the face. I focused on creating my best work to date, and doubled my profits in 2 months. Thanks for the great advice." - Devon Fullman

"It's a good book. I've started using some of the tips on studying for school tests." - Amanda Blanchett

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Book Information

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Customer Reviews

This is a great book on Focus For Winners. All of the things, tips and guides that I need to know about self-discipline techniques to increase willpower, end procrastination, and master time are already included and well written inside. Adam Rockman has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "How to increase your attention span & The most effective supplements for increasing focus and productivity". Very informative, useful and well explained. This book is really a great resource for those who want to learn more about Focus For Winners.

I always struggle with focusing. It is something that other people always tell me and suggested I read something to try and help it. Simple suggestions like writing down my goals and exercise have been great ideas to help me. The chapter of increasing attention span was great to read. Doing one thing at a time was something that I rarely do but have been focusing on recently. The best

supplements for focus section was interesting. Although I personally wouldn't use these, other people will find it very useful to have and know.

It's really a perfectly helpful book, at least for me. I have some problems with self-discipline and focusing on my primary tasks, as I tend to procrastinate if those tasks are boring. So I found the strategies described here to be really helping and effective. Definitely recommended!

The procrastination is my main problem, so I thought if I could get rid of it, I would become much more successful. I've bought this book hoping to rid of this character trait. This book helped me to start a personal transformation. It is really useful, well written and has a lot of helpful information.

Inside you will find some techniques, suggestions and tips that will help you to improve your focus on important things. Obstacles that stands between you and your ability to focus are also examined. Without focus you will not reach success. This is a very helpful book. Definitely recommended.

A well balanced book. A lot of important information has been gathered in this book. I was actually impressed by how much useful suggestions is squeezed in such a short book. By reading this book I've learned some effective techniques. Such an excellent book. Highly recommended.

It's an inspiring and extremely helpful book! I am the kind of people who lack self-discipline. The book really helped me to simplify life, to do more and get rid of procrastination. If you are looking for a book that will help you to motivate you, then I highly recommend you this book.

This is an excellent book that illustrates the fact that the ability to remain focused is integral to success. It further points out that the ability to focus is not some instinctual skill, but rather a habit that can be learned and perfected. Physical aids and possible impediments to focus are discussed, including diet, exercise, rest, yoga, and the use of vitamin supplements. Overall, a great read.

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