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## THE ART OF CONCENTRATION: ENHANCE FOCUS, REDUCE STRESS AND ACHIEVE MORE



Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, The Art of Concentration: Enhance Focus, Reduce Stress and Achieve More, Harriet Griffey, We are all overwhelmed with technological input in our daily lives -- whether it is our mobile phone ringing, our Blackberry bleeping or emails that pour in endlessly -- we are all becoming hyperstimulated and unable to switch on (concentrate) or switch off (relax) because we're all on permanent standby. As a result, we have lost the art of

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- · Authored by Harriet Griffey
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## Reviews

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