

*An Effective New Plan to Defeat
Distraction and Overload*

FIND YOUR FOCUS ZONE

- Concentrate while under pressure
- Do more in less time
- Tune out distractions
- Stop procrastinating
- Succeed at your goals

LUCY JO PALLADINO, PhD

Find Your Focus Zone Find Your Focus Zone

Jason Scotts



Find Your Focus Zone Find Your Focus Zone:

Find Your Focus Zone Lucy Jo Palladino, 2007-06-26 Where did my day go How did it get so late I feel like I m being pulled in too many directions at once If only there were two of me I could get it all done If this is you at the end of the day you are not alone Millions of people deal with these same frustrations in today s world of endless distraction Let s face it We all live on the edge of being overwhelmed and old ways of paying attention just don t work anymore When you get more than three thousand advertising messages and hundreds of emails every day it s no wonder you feel like you re constantly fighting distraction What is the secret known to a select group of high achievers including Olympic athletes to finding your focus zone The key is managing adrenaline Too much and you re overstimulated too little and you re not stimulated enough Now you too can learn the same methods that high performers use In *Find Your Focus Zone* psychologist Lucy Jo Palladino PhD gives you eight sets of keys to unlock your best attention so that you can concentrate in every situation even when you re under pressure or facing dull tasks that must be done You ll choose which key solutions and strategies work best for you and use them to create your own personal keychain for daily achievement and success The skills you learn in *Find Your Focus Zone* will help you to Beat procrastination and face boring jobs Overcome obstacles and finish what you start Prevent yourself from getting overwhelmed and burned out Build balance and trust in your work and family relationships Enhance your self confidence Use interruptions to your advantage Tune out distractions to increase your efficiency and effectiveness Dr Palladino is the first to explain the science of attention in plain language As she teaches you cutting edge concepts and methods to win the fight against distraction and overload she highlights them with engaging stories easy exercises and useful tips With the individualized program that Dr Palladino prescribes for your particular needs you ll learn not only how to find your focus zone but also how to boost your personal productivity by applying these attention skills self encouragement practices and strengths And by learning to flex your attention muscle you ll avoid the dangers of distraction and boredom like missing deadlines disappointing your family and feeling scattered and ineffective A book for anyone who struggles to cut through the noise of everyday life *Find Your Focus Zone* gives you the tools you need to succeed in today s digital world of distraction Warm practical and user friendly with innovative techniques and a powerful message it s just what the doctor ordered

Find Your Focus Zone Lucy Jo Palladino, 2008 rtf1 ansi ansicpg1252 deff0 deflang2057 deflangfe2057 fonttbl f0 fswiss fprq2 fcharset0 Arial f1 froman fprq2 fcharset0 Times New Roman viewkind4 uc1 pard f0 fs18 B fs20 eing able to perform any task with full attention has become one of the great unspoken about challenges of modern life As our culture has become more high speed techno stressed information cluttered and media saturated we are getting pushed out of our focus zones without even realising it If you work in a modern office it is likely you are suffering from information fatigue syndrome which means that even naturally bright and creative people are rendered incapable of making swift decisions problem solving efficiently or able to maintain appropriate energy levels Award winning psychologist Lucy Jo Palladino offers practical

solutions for anyone juggling too much who finds themselves in a state of continuous partial attention seemingly unable to do any one task with full concentration In order to help people combat the negative aspects of always on information culture Palladino has come up with a new set of skills that will help readers beat distraction and win the fight against information overload She provides eight sets of keys that will unlock your best attention and help you balance adrenaline levels even when you are under pressure or facing dull tasks Rooted in sports performance psychology yet practical and user friendly Palladino s cutting edge methods will help you stay focused and enhance your performance in all areas of daily life where concentration is required

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The Western Teacher Silas Young Gillan, 1904 English Mechanic and Mirror of Science and Art, 1925 English Mechanic and Mirror of Science, 1880

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