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By: Maura Thomas

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Discover the revolutionary antidote to overload and exhaustion read the extended excerpt of Attention Management (available September 2019) to find out to find out how attention management can change your life! Have you tried everything to become more productive but you're still too busy and stressed? That's because the old approaches to productivity just don't work in today's fast-paced, tech-driven workplaces. What does work? Time management is outdated. Attention management is the solution you need. Attention management is the most essential skill you need to live a life of choice rather than a life of reaction and distraction. It's a collection of behaviors, including focus, mindfulness, control, presence, flow, and other skills, that will support your success. Productivity speaker, trainer, and author Maura Nevel Thomas shows you how to master attention management with practical strategies that make an immediate impact.

tags:


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