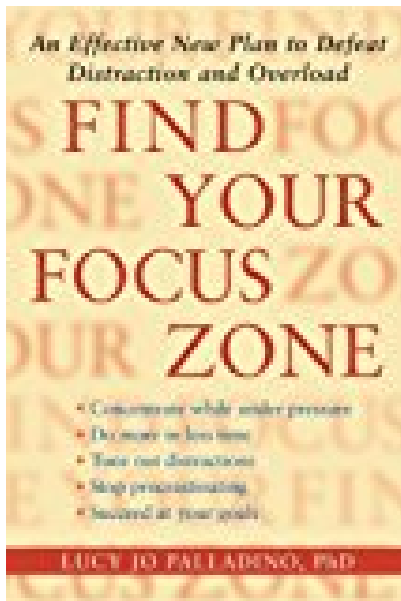


Find Your Focus Zone An Effective New Plan to Defeat Distraction and Overload



BOOK DETAILS

- Author : Lucy Jo Palladino Ph.D.
- Pages : 304 Pages
- Publisher : Atria Books
- Language : English
- ISBN : 1416532013

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BOOK SYNOPSIS

Being 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.

FIND YOUR FOCUS ZONE AN EFFECTIVE NEW PLAN TO DEFEAT

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