

Free reading Your brain at work strategies for overcoming distraction regaining focus and working smarter all day long david rock (Download Only)

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between deep work sustained periods of focus on cognitively demanding tasks like writing scripts or editing audio with shallow work tasks that don't require much focus like responding to messages and clearing your email alternatively pomodoro sessions split your time into 25 minutes of focused work thiam had a curve ball thrown at her on the morning of the second day as her coach tested positive for covid and so was unable to head to the stadium despite that thiam managed to regain focus and produced the best mark of the day in the long jump leaping 6.60m to move into second place

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1 eliminate distractions you will be more productive and have a better chance of staying focused when you remove anything in your surroundings that might cause interruptions if feasible try keeping your phone in a different room or staying offline to minimize distractions and improve your focus overall

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1 clear your space in his book focusing eugene gendlin suggests clearing the space where you work if you have a home office this means clearing your desk and leaving only what you need

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