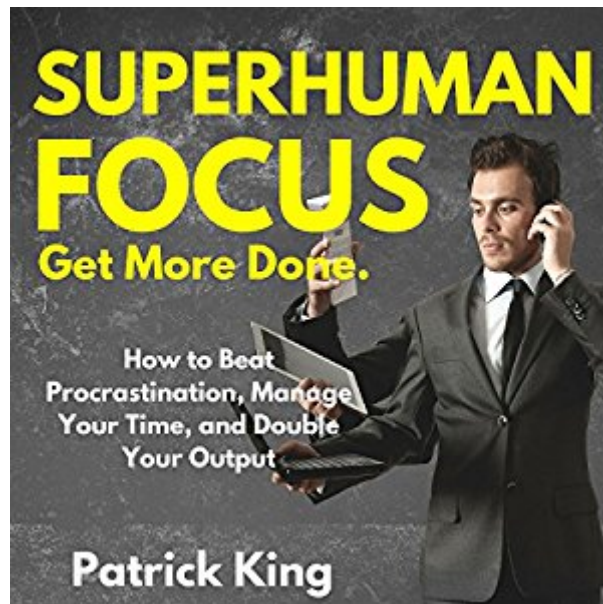


The book was found

Superhuman Focus: How To Beat Procrastination, Manage Your Time, And Double Your Output



Synopsis

Do you want to save hours a day and do more in less time? Feel productive instead of stressed, defeated, and overwhelmed? If (1) you wonder where your time goes, (2) you can't motivate or organize yourself, and (3) you struggle to buckle down and concentrate when it really matters - newsflash! Your to-do list is not cutting it anymore. You need to develop superhuman focus and all that comes with it. Superhuman Focus teaches the most important of skills - the ability to get stuff done. Without it? The difference between the life you want versus settling for "good enough." 25+ ways to utilize every last waking minute to its fullest potential. Self-motivation is notoriously difficult, so this book contains systems, hacks, tips, psychological phenomenon, and external motivators to make success and productivity inevitable. These are exact instructions to implement in your life today. Each tactic for focus and productivity is the product of years of practice and experimentation - tactics which have allowed me to create a successful business and sell well over 150,000 books. There are also tips used by many high-performers, including an interview with best-selling author Kevin Kruse. I guarantee you'll find something that you can't wait to implement. What about Superhuman Focus will you learn? Why to manage your energy as opposed to your time The most productive morning routine you've ever seen How to batch tasks for optimum efficiency How to safeguard and free up your time Other ways to maximize your day: The best ways to upgrade your obsolete to-do list How to live by your daily calendar Planning distraction blackouts and competing with yourself How to re-imagine your daily priorities The best ways to deal with any distraction Imagine what you could accomplish if you could complete anything you set your mind to. Your productivity will explode and you can set your sights higher and higher. You'll get more done in less time. You'll be less stressed, more relaxed, with greater success. Co-workers and supervisors will wonder what your secrets are. You will live happier knowing everything is accounted for. Take back your day and never feel the pressure of a deadline again! Your life is about to 10X.

Book Information

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Customer Reviews

This book has some great take home ideas and even contains a gem or two but it reads a bit like a first draft. I found the poor grammar distracting and it talked in circles a little too much which meant I tended to skim-read large portions of text. If you don't have time to edit then perhaps you should put this on your D list and outsource the job. I found the presentation of chapter headings etc a bit too minimal which came across as rushed and unprofessional and detracted from a book which would otherwise have been a good read.

I was familiar with the concept of chunking and breaking tasks down into smaller components but it was very useful to see it written out and articulated in a way that I had never done. It allows me to really tackle all of my daily goals and tasks head on without procrastination or the fear of being overcome and overwhelmed. I was also familiar with the concept of batching before this book, but the author explained it very well and made it a lot more usable for me. Thanks~!

These principles are golden. Like a lot of people I was heading into the new year feeling overfed, under exercised, lethargic and not at all in the productivity zone, so I picked up this book for some inspiration and advice. All the principles are great. I found some of them to be timeless (but reminders are always useful) whereas a lot of them were new to me, but all are useful. The author writes in an engaging and motivational way which gets you in the mood to use his advice. Recommended.

I'm a huge perfectionist and probably to the point of OCD as the author describes. If everything is not perfect then everything else comes to a screeching halt which is obviously terrible for my productivity. It's tough to let go of it but this book does help a bit by saying that not everyone expects or cares about it, and the biggest difference will only be to you. Also, that the goal is really just to complete something primarily.

It's never been easier to be a chronic procrastinator. With rewards at your fingertips literally all day

long in the form of your tablet or smart phone, it's so easy to waste time using social media and just doing stuff you really care about. Sometimes I find myself "down the facebook hole" just mindlessly looking at pictures and posts of people I don't even care about. Point is procrastination is here to stay and it's only getting worse. King book offers a solution out of that predicament. Through a series of actionable content, checklists and tips Superhuman focus is the perfect recipe for someone who wants to get more out of life and take back his or her time.

I haven't even finished the book yet, and it's already helped me drastically improve productivity with my home-based business. You might not agree with all of the tips in this book, but you'll be sure to find some that will help.

This book is a must read to increase your productivity especially if you are an entrepreneur like myself! I tend to procrastinate a lot and I end up rushing through projects at the deadline. This step by step guide definitely helps keep myself in check when there is no "boss" telling you this is what you have to do. I started implementing the check list as the author mentioned and it has been helping me so far!

Really good tips for productivity, I've already integrated some into my morning and nightly routines. Productivity is mostly a matter of consistency and placing systems into place, it seems, and this book really helps with that. I'm wasting far less time in the mornings already, which lets be be more productive throughout my day as I'm supercharged for it! So that's all awesome.

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