

Fast Focus A Quickstart Guide To Mastering Your Attention Ignoring Distractions And Getting More Done In Less Time

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Fast Focus A Quickstart Guide

Damon's new book Fast Focus - A Quick-Start Guide To Mastering Your Attention, Ignoring Distractions, And Getting More Done is a gem that you need to pick up to embark on streamlining your life without added stress and work.

Amazon.com: Fast Focus: A Quick-Start Guide To Mastering ...

Looking online for some suggestions, I came across Fast Focus: a Quick Start and decided to give it a try. Damon Zahariades is a good author that goes straightforward to the root of the problem and offers some insight on why it happens and how we can avoid it and focus in an easier, faster way.

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