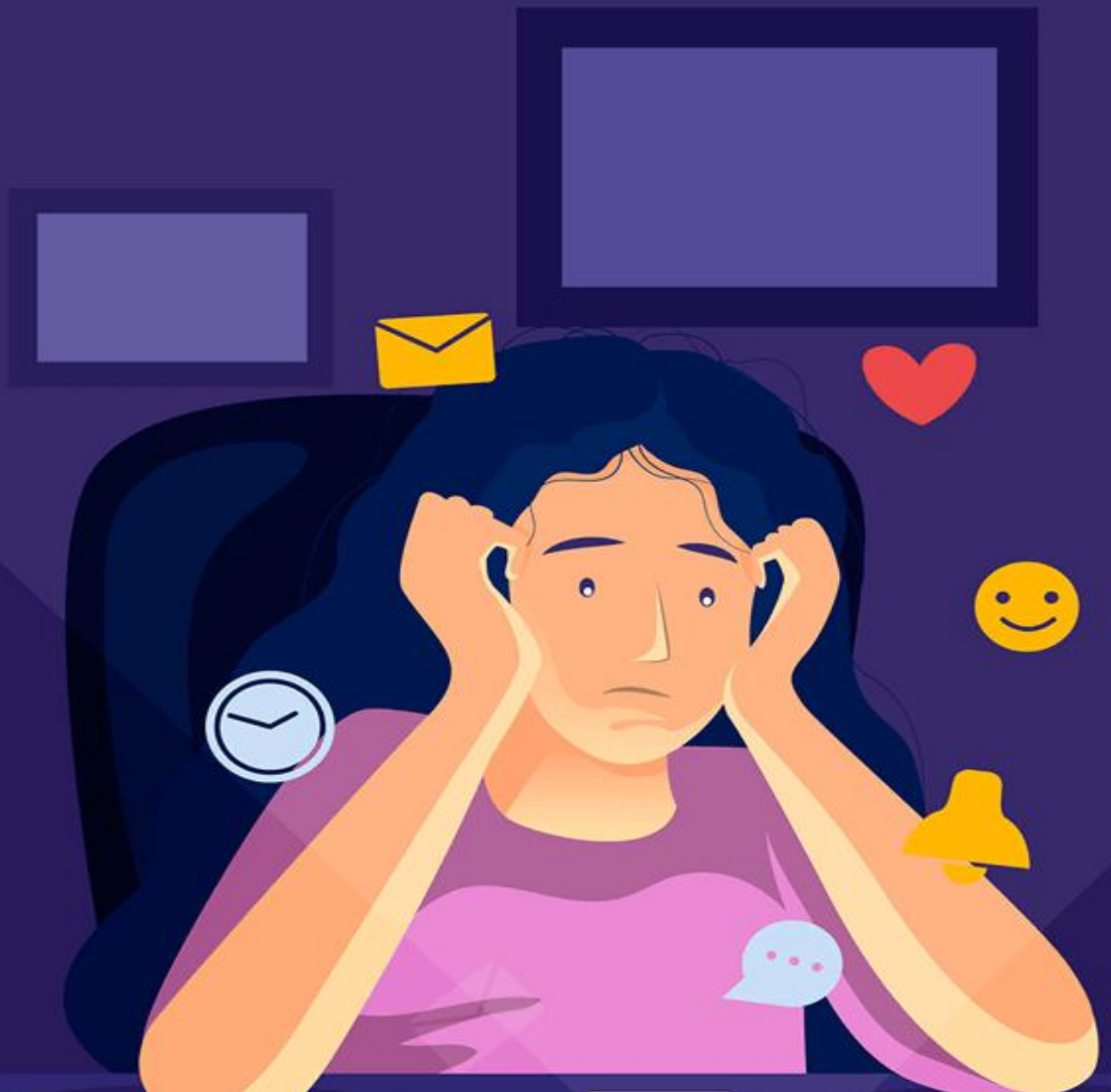


DISABLING DISTRACTION

HOW TO OVERCOME THE SCATTERED MIND
AND MASTER YOUR FOCUS



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