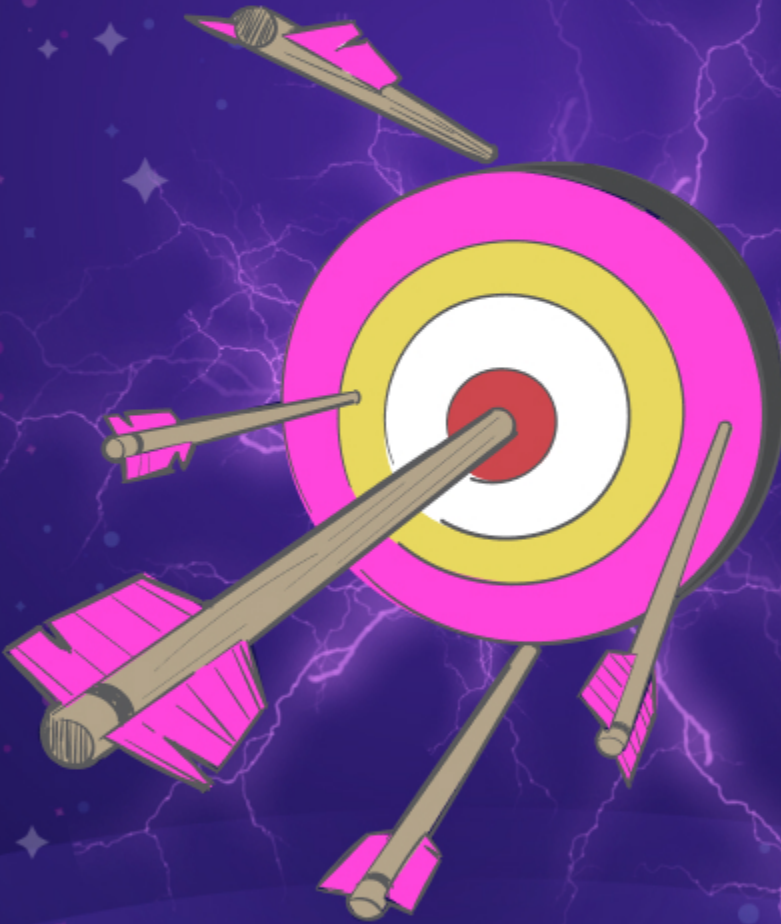


The

# Power of Focus

The Ultimate Secret of Leading Achievers in the World



Arya Yang

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# Introduction

Everyone wants to be successful in life. Whether it's business, pursuing your passion, your career, or building a family. Without the desire for success, humans cannot exist and thrive. While success is not an uncommon term to many, only a few people have really benefited from the sweet taste of a career. What's their secret? The focusing power.



*According to a 2000 study conducted by Microsoft, an average individual has an attention span of 12 seconds. In 2015, it dropped to 8 seconds. It was supported by the study from the Technical University of Denmark, suggesting that the short attention span is due to information overload. So many things are demanding our attention that we can only focus on one thing at a time for a short period.*