

# The Power of Focus

The Ultimate Secret of Leading Achievers in the World



# © Copyright 2022 by EbookHub

## - All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

*From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations. In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format.*

Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved. The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly. Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

# Table of Contents

- 1 Introduction
- 2 The Focus Power
- 3 Cause Of Short Attention Span
- 4 6 Reasons Why You Can't Focus
- 5 6 Habits of Highly-Focused Achievers
- 6 5 Brain Foods to Improve Your Focus
- 7 Conclusion



# 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.*

Another study from the University of California at Irvine reveals that workers in a technical field could only focus on working on a project for 11 minutes before they are distracted by their surroundings. To make it worst, it took them 25 minutes of wandering and being distracted before they are able to get back on track.

This short attention span has introduced a lot of issues and difficulties. People are struggling to finish one task without jumping into the next. Most of them cannot focus on consuming one trend before they consume another. According to the Oracle ID Graph, the average person has five devices. That means we have endless choices on what and where to get the information we want. The more we are surrounded by information, the more we feel overwhelmed. As a result, none of the tasks we wrote on our to-do list is accomplished.

It's quite frustrating, right? You meticulously wrote down these tasks, knowing that each step brings you closer to your success. But if you can't finish a single task, how long before you reach your success? Or will you even reach it if you are stuck on the same task and stagnant for the past years? This is the main reason why people settle for less and give up on their ambitions.

***But worry no more because this book will help you to succeed using the power of focus!***

It's high time to take control of your life and get what you wanted. No matter how ambitious it is, you can get anything you want with the power of focus. This book will define the power of focus, causes for a short attention span, and how to break this bad habit. We will break it down and discuss it phase by phase. As a special chapter, you will also learn excellent research-based food choices that can improve your focus.

***So, drop whatever you are doing right now and focus on this book alone. Your life is about to change in the next few chapters.***

