

18 Minutes Find Your Focus Master Distraction And Get The Right Things Done

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18 Minutes Find Your Focus

Based upon his weekly Harvard Business Review columns (which is one of the most popular columns on HBR.com, receiving hundreds of thousands of unique page views a month), 18 Minutes clearly shows how busy people can cut through all the daily clutter and distractions and find a way to focus on those key items which are truly the top priorities in our lives.

18 Minutes: Find Your Focus, Master Distraction, and Get ...

18 Minutes: Find Your Focus, Master Distractions, and Get the Right Things Done is a worthwhile read, especially for people who need not only to manage their time better, but also ensure their time is being spent on the right things. Too often, wisdom about the proper priorities of work, family, volunteerism, and so forth is won at the expense of years (even decades) of misdirected labor and focus.

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In 18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done, Peter Bregman doesn't offer a slew of strategies to accomplish all your activities per day. What he does offer is an approach to consider thoughtfully your priorities and ideas for truly accomplishing your top goals.

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18 Minutes Quotes Showing 1-30 of 42. "To get the right things done, choosing what to ignore is as important as choosing where to focus." — Peter Bregman, 18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done. 8 likes.

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seconds to settle in and focus. Think of 18 Minutes as the FIND ME button for your life. It will guide you to your most effective self. It will offer you a clear view of yourself and your surroundings, and then provide you with a map to help you get where you want to go. It's the app that can help you reclaim your life. Not

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18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done Date. May 9, 2012. Speaker. Peter Bregman. Overview Speakers Related Info Overview. Strategic advisor, Peter Bregman, explains how busy people can create a plan for managing their day in just 18 minutes. Bregman works from the premise that the best way to combat ...

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18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done. Paperback – Sept. 11 2012. by Peter Bregman (Author) 4.4 out of 5 stars 309 ratings. See all 14 formats and editions.

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18 Minutes PDF Summary - Peter Bregman | 12min Blog

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18 Minutes: Find Your Focus, Master Distraction and Get the Right Things Done eBook: Bregman, Peter: Amazon.co.uk: Kindle Store

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