



# Superhuman Focus: How to Beat Procrastination, Manage Your Time, and Double Your

*Patrick King*

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Do you want to save hours a day and do more in less time? Feel productive instead of stressed, defeated, and overwhelmed? If (1) you wonder where your time goes, (2) you can't motivate or organize yourself, and (3) you struggle to buckle down and concentrate when it really matters, - newsflash, your to-do list is not cutting it anymore. You need to develop Superhuman Focus and all that comes with it. Superhuman Focus teaches the most important of skills – the ability to get stuff done. Without it? The difference between the life you want versus settling for “good enough.” 25+ ways to utilize every last waking minute to its fullest potential. Self-motivation is notoriously difficult, so this book contains systems, hacks, tips, psychological phenomenon, and external motivators to make success and productivity inevitable. Exact instructions to implement in your life today. Each tactic for focus and productivity is the product of years of practice and experimentation – tactics which have allowed me to create a successful business and sell well over 150,000 books. There are also tips used by many high-performers, including an interview with NY Times bestselling author Kevin Kruse. I guarantee you'll find something that you can't wait to implement. What about Superhuman Focus will you learn? • Why to manage your energy as opposed to your time. • The most productive morning routine you've ever seen. • How to batch tasks for optimum efficiency. • How to safeguard and free up your time. Other ways to maximize your day: • The best ways to upgrade your obsolete to-do list. • How to live by your daily calendar. • Planning distraction blackouts and competing with yourself. • How to re-imagine your daily priorities. • The best ways to deal with any distraction. Imagine what you could accomplish if you could complete anything you set your mind to. Your productivity will explode and you can set your sights higher and higher. • You'll get more done in less time. • You'll be less stressed, more relaxed, with greater success. • Co-workers and supervisors will wonder what your secrets are. • You will live happier knowing everything is accounted for. Take back your day and never feel the pressure of a deadline again! Your life is about to 10X. To gain limitless productivity, scroll up to the top and click BUY NOW!

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