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By Lucy Jo Palladino

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<http://psychcentral.com/blog/archives/2013/01/21/overcoming-information-overload/>

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Our everyday life is full of distraction. Learn how to get back to focus zone by reading this book: Find Your Focus Zone (Lucy Jo Palladino)

<http://www.productivesuperdad.com/book-review-find-focus-zone-lucy-jo-palladino/>

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<http://weightlossandtraining.com/find-your-focus-zone>

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<http://psychcentral.com/lib/15-adhd-friendly-tips-to-fire-up-your-focus/>

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<http://www.tipsonlifeandlove.com/self-help/stand-up-for-your-rights-and-take-back-your-time>

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Honing your focus skills can benefit your professional life, too. What could you do this week that would push your mental limits and stretch your comfort zone?

<https://experiencelife.com/article/find-your-focus/>

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