



# Master Your Focus: Simple and Effective Ways to Enhance Your Will Power, Lengthen Your Attention Span, Increase Your Energy Levels, and Boost Your Serotonin

*Rob Feller*

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We all want to be more focused so that we can get our work done and accomplish our goals. The good news is that there are many simple and effective techniques that you can use to enhance your will power, attention span, energy level, and serotonin. Inside this short and to the point book you'll learn...

- A way to train your brain, based on the science of neuroplasticity, so that you can significantly lengthen your attention span...
- The dangers of low blood sugar for productivity...
- How to use other people to boost your willpower...
- The power of mirrors to enhance your self control...
- The best time of day to focus...
- A simple technique to beat procrastination so that you can actually sit down and focus...
- A writing exercise that can dramatically increase your serotonin levels so that you feel happy and productive...
- And more...



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