



Brain Smart: How to Regain Focus, Manage Distractions and Achieve More

Dr Jenny Brockis

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In today's busy, complex and increasingly challenging world, it can be hard to know how to stay focused, and on task. Our attention span is shrinking, rapidly, and our state of constant partial attention is leading to problems with learning, memory and relationships. Brain Smart explains why we have become so easily distracted and the simple strategies that can make the biggest difference to help you enjoy the satisfaction of getting more done, effectively, and on time.

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