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columns on  
HBR.com,  
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hundreds of  
thousands of  
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views a month),  
18 Minutes  
clearly shows  
how busy people  
can cut through  
all the daily  
clutter and  
distractions and

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find a way to  
focus on those  
key items which  
are truly the  
top priorities  
in our lives.

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consultant  
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to Leading a Big  
Change, 2007)  
plan, not  
revealed until  
well into the  
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Your Focus every

working hour to

contemplate how

effectively the

carefully

plotted previous

hour was used

and what's in

store for the

next. This

ritualistic

hourly

refocusing

exercise should

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phone, computer  
or watch alert.

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distraction and

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MASTER*

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PSUs double down

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employees;  
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learners in 6  
months

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most popular  
columns on

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clearly shows  
how busy people  
can cut through  
all the daily  
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distractions and  
find a way to  
focus on those  
key items which  
are truly the  
top priorities  
in our lives.

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and Get the  
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worthwhile read,  
especially for  
people who need*

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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

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Your Focus  
won at the  
expense of years  
(even decades)  
of misdirected  
labor and focus.

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doesn't offer a

slew of

strategies to

accomplish all

your activities

per day. What he

does offer is an

approach to

consider

thoughtfully

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Your priorities  
and ideas for  
truly  
accomplishing  
your top goals.

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distraction, and  
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people can cut  
through all the  
daily clutter  
and distractions  
and find a way

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to focus on  
those key items  
which are truly  
the top  
priorities in  
our lives.

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distraction, and  
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maintain a  
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thousands of  
people - allows  
us to safely  
navigate through  
the constant  
chatter of  
emails, text  
messages, phone  
calls, and  
endless meetings  
that prevent us  
from focusing  
our time on  
those things

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that are truly  
important to us.  
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person insights  
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charming book  
with pathways  
which help guide  
us – pathways  
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the beliefs,

habits,

feelings, and

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you make a  
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seconds to  
settle in and

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the FIND ME  
button for your  
life. It will  
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your most  
effective self.  
It will offer  
you a clear view  
of yourself and  
your  
surroundings,  
and then provide

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app that can  
help you reclaim  
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