



Focus: Best Ways To Improve Your Concentration and Improve Your Learning

By David Hewitt



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Do You Struggle With Staying Focused Do you want be able to concentrate better? Do you struggle with lack of focus and procrastination starts to settle in? What If I told you, that you could increase your focus and concentration by 100%? Inside we give the best techniques used by some of the most efficient people in the world that allow them to stay focused on multiple task. After reading this book you will have the tools that will help you to laser in and improve your learning altogether.

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Editorial Review

About the Author

David Hewitt is a solicitor and a partner in Weightmans LLP. He was a member of the Mental Health Act Commission for nine years and now holds visiting fellowships at Northumbria University and Lincoln University. He is a President of Mental Health Review Tribunals and sits on the editorial board of The Journal of Mental Health Law. He appeared as a witness before the joint Parliamentary committee on the draft Mental Health Bill of 2004.

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