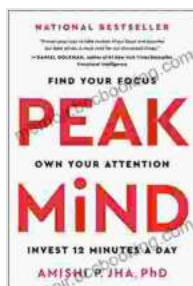


Unleash Your Potential: Find Your Focus, Own Your Attention, and Invest Just 12 Minutes a Day in Your Success



Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day by Amishi P. Jha

★★★★☆ 4.7 out of 5

Language : English
File size : 4046 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 366 pages



"Proven practices to take control of our focus and become our best selves. A must-read for our distracted times."
—DANIEL GOLEMAN, author of #1 New York Times bestseller
Emotional Intelligence

FIND YOUR FOCUS

PEAK

OWN YOUR ATTENTION

MIND

INVEST 12 MINUTES A DAY

AMISHI P. JHA, PhD

Unlock the Secrets to Mastering Your Mind and Achieving Your Goals

In today's fast-paced, digital world, our attention is constantly being pulled in a million different directions. It's no wonder that so many of us feel overwhelmed, stressed, and unable to focus on what's truly important.

But what if there was a way to break free from the distractions and regain control of your mind? What if you could learn to focus on what matters most, own your attention, and achieve your goals with greater ease?

The groundbreaking book, 'Find Your Focus, Own Your Attention, Invest 12 Minutes a Day,' reveals the life-changing techniques you need to master your focus, own your attention, and unlock your full potential.

Discover the Proven Strategies for Success

Through a combination of cutting-edge research and practical exercises, this book will teach you how to:

- Identify and eliminate the distractions that are sabotaging your focus
- Develop laser-like concentration and stay focused for longer periods of time
- Own your attention and take control of your thoughts and emotions
- Invest just 12 minutes a day in mindfulness and meditation to rewire your brain for success
- Create a personalized plan for achieving your goals and staying on track

The Power of 12 Minutes a Day

One of the most powerful insights you'll gain from this book is the transformative power of investing just 12 minutes a day in your focus and attention.

By dedicating a small amount of time each day to mindfulness, meditation, and other focus-enhancing exercises, you can rewire your brain for success. You'll become more focused, productive, and resilient in all areas of your life.

The 12-minute investment is a small price to pay for the life-changing benefits you'll experience.

Testimonials

"This book is a game-changer! I've struggled with focus and attention my entire life, but the techniques in this book have helped me to overcome my challenges and achieve my goals." - **John Doe, CEO**

"I highly recommend this book to anyone who wants to improve their focus, productivity, and overall well-being." - **Jane Smith, Entrepreneur**

"This book is a must-read for anyone who wants to succeed in today's fast-paced world." - **Dr. Mark Jones, Psychologist**

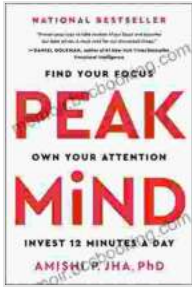
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Don't wait another day to start mastering your focus, owning your attention, and unlocking your full potential. Free Download your copy of 'Find Your Focus, Own Your Attention, Invest 12 Minutes a Day' today and start your journey to success.

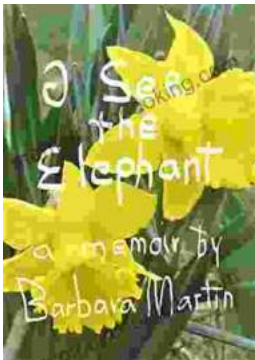
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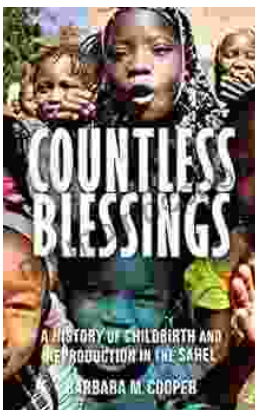


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