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Author and coach, Thibaut Meurisse, wants you to reclaim your focus. In his latest book, you'll learn exactly how to develop laser-sharp focus so that you can complete your key projects and achieve your major goals. Master Your Focus is a clear and concise walkthrough that demonstrates how to use the power of focus to achieve tangible results. Using Thibaut's straightforward instructions, you'll learn how to

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zero-in on key tasks and stick to them until you complete them 100%.

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Only use this when your subject is not moving at all. How to Focus Recompose. Use your centre AF point and aim it over your subject. Press the shutter half way, until you hear the AF confirmation beep. Re-compose your image to your preferred

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framing. Press the shutter all the way down to take the shot. Focus should remain locked on your chosen location.

~~How to Focus Accurately | Click Love Grow~~

1. Design your environment for better focus. One of the easiest ways to improve your focus is to remove distractions from your surroundings. For example, whilst working on an important task, you could keep your phone in a separate room and use apps to block access to websites. You can also add visual cues to your environment for better focus and concentration.

~~Focus: A Scientific Guide on How to Improve Your Focus and~~

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1. Become aware of the need to improve your focusing skills. 2. Make a conscious decision to invest the time and energy needed to improve. 3. Practice and train your mind to concentrate. 4.

~~4 Steps to Mastering the Art of Focus | SUCCESS~~

Practice is the best way to master autofocus for your photographic approach with your specific camera.

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Master Your Focus : Focus on What Matters, Ignore the Rest, and Speed up Your Success by I. C. Robledo (2017, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

~~Master Your Focus : Focus on What Matters, Ignore the Rest~~

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Master your craft: Focus on what you do best; delegate the rest Yoco began as most start-ups do – in a small office with

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two tables and a handful of people who were crazy enough to take the leap.

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Master Your Focus is a clear and concise walkthrough that demonstrates how to use the power of focus to achieve tangible results. Using Thibaut's straightforward instructions, you'll learn how to zero-in on key tasks and stick to them until you complete them 100 percent.

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Focus, focus, focus on making your strongest traits even stronger. Especially once you are over 30 and you have more of a clear assessment of your skills and abilities.

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You can do refocus any moment, every moment — to concentrate like a human being capable of personal mastery. Center yourself on what is, on this moment of opportunity to change, learn, grow ...

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