



## Focus: A Simplicity Manifesto in the Age of Distraction

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By Leo Babauta

BRILLIANCE AUDIO, United States, 2011. CD-Audio. Book Condition: New. Unabridged. 165 x 137 mm. Language: English . Brand New. At the heart of this simple book lies the key to many of the struggles we face these days, from being productive and achieving our goals, to getting healthy and fit in the face of fast food and inactivity, to finding simplicity and peace amidst chaos and confusion. That key itself is simple: focus. Our ability to focus will allow us to create in ways that perhaps we haven't in years. It'll allow us to slow down and find peace of mind. It'll allow us to simplify and focus on the essential things, the things that matter most. Leo Babauta.

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