

Title:

The Power of Concentration

Word Count:

429

Summary:

How do you have better concentration? By getting out of the way of the concentration power you

Keywords:

power of concentration, concentration, brainpower

Article Body:

If you had the power of concentration whenever you wanted it, imagine how much more productive

Concentration Power Is Automatic

Start working on something, and concentration is automatic, until you are distracted. Usually

Here it is: Start paying attention to what is going on in your head. Maybe there's a phone call

Then, as you become aware of these stressors, do something with them to let them go for the moment

Do this exercise a few times, and you'll find it becomes easier to recognise what is just below

Why Concentration?

Another simple technique is to honestly ask why you want to concentrate. Concentration is difficult

Obvious Distractions

I have read that Stephen King writes with loud music on. What distracts each of us, or doesn't

When you take care of the external and the internal distractions, you'll be able to focus your

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