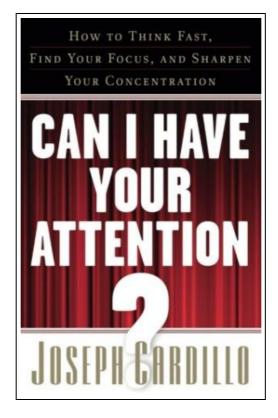
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Reviews

The ideal publication i at any time go through. It is actually rally fascinating through reading through time. I am pleased to inform you that this is actually the greatest book i have got read through during my individual existence and might be he best book for at any time. (Alexandre Cruickshank)

CAN I HAVE YOUR ATTENTION: HOW TO THINK FAST, FIND YOUR FOCUS, AND SHARPEN YOUR CONCENTRATION (PAPERBACK)



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Career Press, United States, 2009. Paperback. Condition: New. Language: English. Brand New Book. Can I Have Your Attention? is not a traditional self-help book that offers 12 simple steps to enhance brainpower. Nor is it a book on Eastern Wisdom, spirituality, or conventional meditation. It is an eye-popping adventure that combines ancient, high-speed attention-building processes with cutting-edge attention research in psychology, neurology, and biology. Through Joseph Cardillo s engaging personal account of the world of human attentionwhich synthesizes the stories of more than two dozen expertsyou will uncover surprising secrets about the workings of your own mind. This fresh look at ancient attention skills and new science will transform your thinking about what human attention is as well as offer a guide to incorporating its insights into your daily life.

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