



The Art of Concentration: Enhance Focus, Reduce Stress and Achieve More

By Harriet Griffey

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We are all overwhelmed with technological input in our daily lives -- whether it is our mobile phone ringing, our Blackberry bleeping or emails that pour in endlessly -- we are all becoming hyperstimulated and unable to switch on (concentrate) or switch off (relax) because we're all on permanent standby. As a result, we have lost the art of concentrating properly. Luckily, this cutting edge personal development book is here to help readers navigate their way through the deluge and provides the tools we need to learn how to concentrate and focus. Rooted in scientific fact and research, it includes a detailed look at how your brain works, what inhibits brain function and concentration and covers things such as lack of down-time, distraction, poor lifestyle habits and stress. Featuring techniques and exercises to help improve concentration, it is guaranteed to help us all improve the way we work and the way we live our lives.

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Editorial Review

About the Author

Harriet Griffey is a freelance writer, print and broadcast journalist, who writes regularly for UK national newspapers and magazines. She originally trained as a nurse at the Middlesex Hospital, London, but has subsequently worked in book publishing, television production, print and broadcast journalism. She is also an accredited coach, working with young people with the charity Youth at Risk. The Art of Concentration is her 14th published book. www.theartofconcentration.co.uk

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