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if there s one thing we could all probably use a lot more of it s the ability to focus but telling yourself to stay focused on a task especially a mundane one is often a lot easier said than done in this book the author speaks to how we get pulled in so many directions she makes it crystal clear that becoming focused is essential to the health of our families businesses and ourselves moreover she shares her personal story and ten simple habits that any woman can incorporate immediately to shift a chaotic lifestyle into one that is focused and fun and so much more to get started simply scroll to the top of the page and click the buy now with 1 click button

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