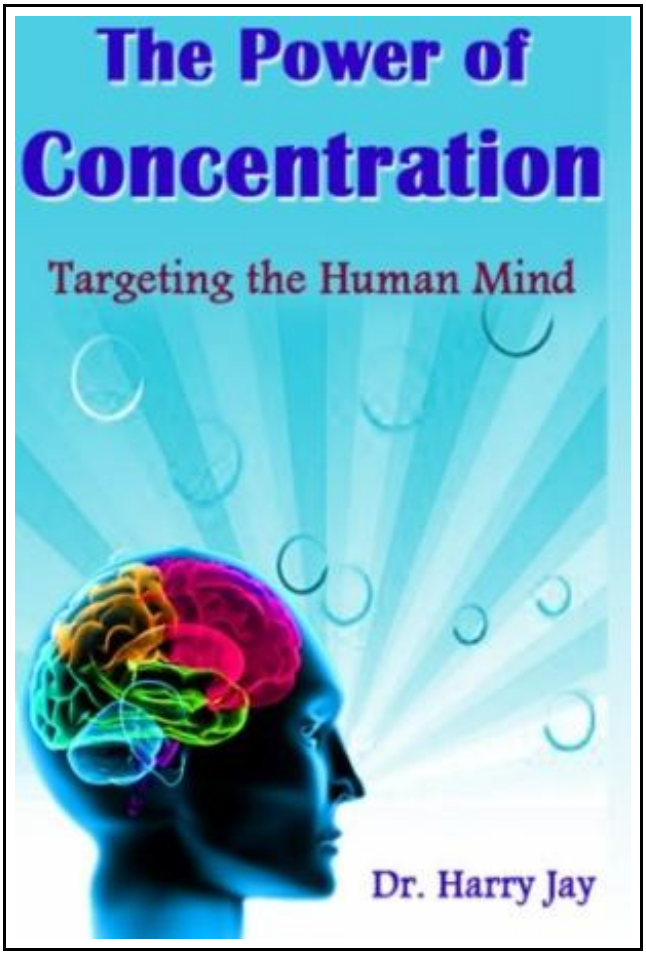
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THE POWER OF CONCENTRATION TARGETING THE HUMAN MIND

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 68 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.The Power of Concentration - Targeting the Human Mind describes in detail the science behind the power of concentration and improved concentration, how to improve focus, improving concentration, concentration power, increase concentration, memory improvement. This book was originally written as a sequel to my book The Power of Observation and I undertook this project to dispel some myths that my readers sent me. Because of these myths, people are having difficulty putting the power of the mind to work in their lives. The first myth is this: Concentration IS NOT another word for FOCUS!!! The human mind concentrates or is targeted to something or some object but can be focused on something else. A good example of this is reading a book (concentration) but your mind is wandering (focused) on another subject; maybe a problem or a person or whatever. I know everybody has had this occur in their lifetime; many all too often. The other day I was reading one of my professional journals and I had read maybe ten pages when I realized that I was concentrating on the professional journal but my mind was focused on the fact that I could not attend an engagement I had committed to and was trying to think of an excuse to get out of it. Concentration is defined as targeting the mind on a task, object, or event; focusing is defined as placing your attention on a task, object, or event. Concentration is the first step the mind utilizes to learning. Focusing is the first step the mind uses to identify is something is worthy of learning. In other words, the human mind focuses first and then if...

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