



Find Your Focus Zone: An Effective New Plan to Defeat Distraction and Overload

By Lucy Jo Palladino Ph. D.

Atria Books. Paperback. Condition: New. 304 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. In this groundbreaking book, author and psychologist Lucy Jo Palladino shows us how to fearlessly find the perfect arousal level so we can concentrate even when we're under pressure, or facing dull but important tasks that simply need to get done. For the millions of people who combat distraction every day, this friendly, practical book with its innovative techniques is just what the doctor ordered. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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