

## FIND YOUR FOCUS ZONE PALLADINO LUCY JO%0A

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Find your Focus Zone dose a great job of breaking down the reasons behind distraction, and the thought processes to overcome them. There is something very comforting to know you are not the only one fighting through the issues that in your head seem unique and debilitating and the examples in the book do just that.

Life Lessons: Find Your Focus Zone Reading & Learning

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*Find Your Focus Zone: An Effective New Plan to Defeat Distraction and Overload* [Lucy Jo Palladino Ph.D.] on Amazon.com. "FREE" shipping on qualifying offers. 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.

**Lucy Jo Palladino (Author of Find Your Focus Zone)**

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