Power of Attention

November 11, 2026
Tools for noticing where attention goes and creating more deliberate ways to focus.

Inside this guide

- Identify common distractions and the situations that invite them.
- Build routines that make it easier to return to a chosen task.
- Use reflection to decide what deserves attention next.

Who it may help

For readers who want to be more intentional with focus across work and personal projects.

Putting the ideas to work

Use the exercises to observe your habits and try small adjustments to your environment or schedule.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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Download availability: After payment, download the complete ZIP package or the included PDF separately.