



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

*Lucy Jo Palladino Ph.D.*

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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.

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