



Organize Your Mind: 50 Best Strategies to Improve Your Focus, Live a Happier Life, and Declutter Your Mind in the Way You Want (Organize Yourself, Organize ... Books, Self Organization, To Do List)

Christ Lewis

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Studies show that 6 out of 10 people are suffering from some form of mental disability. Now, this is not so shocking and you should stop looking for that psychiatrist's phone number. There are various personality disorders and people often live their lives not even realizing that they're suffering from a mental condition. So, what would you do if you're going through some sort of mid-life crisis? What would you do when you realize that you're losing your grip on your own life and giving into intrusive thoughts? The state of your mind can affect your body.

****FREE BONUS INSIDE****

What Will You Learn in This Book...

- *Make A List Of Tasks for the Day and Prioritize
- *Write Down Your Thoughts
- Master the Art of Sayinginsubor “No”
- *Enhance Your Attention Span
- *Work on One Job at a Time
- *A Nature Walk Helps
- *Short Workout Helps
- *Clean Your Workstation
- *Start your Monday Right
- *Engage in a 21-day Challenge
- *Detox During The Day
- *Drink Tea at Night
- *Set Your Time with Your Partner Accordingly
- *Ambient Music can Help
- *Ward Off Distractions Immediately
- *Meditation
- *The Importance of Sleeping
- *Power Naps are Important Too

- *Get Some Alone Time
- *Accomplish Things the Night before Doing an Activity or Traveling
- *Filter Information
- *Leave the Past Behind
- *Always Look Forward
- *Have a Socialization Outlet
- *Make Time for a Retreat
- *Diet is Important
- *Let Go of the Control
- *Affirmation Works – Do It
- *Organize Your Computer Desktop
- *Take Several Minutes of Silence
- *Do Deep and Rhythmic Breathing
- *Create a Mindmap or Outline Your Projects
- *Don't Delay Your Tasks
- *Stay Away from Stimulants
- *Take Pleasure in the Present
- *Don't Worry Too Much
- *Stay Away From Your Email
- *Cover Your Ears
- *Reward Yourself for Every Accomplished Tasks

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Dennis James:

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Tammie Torres:

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