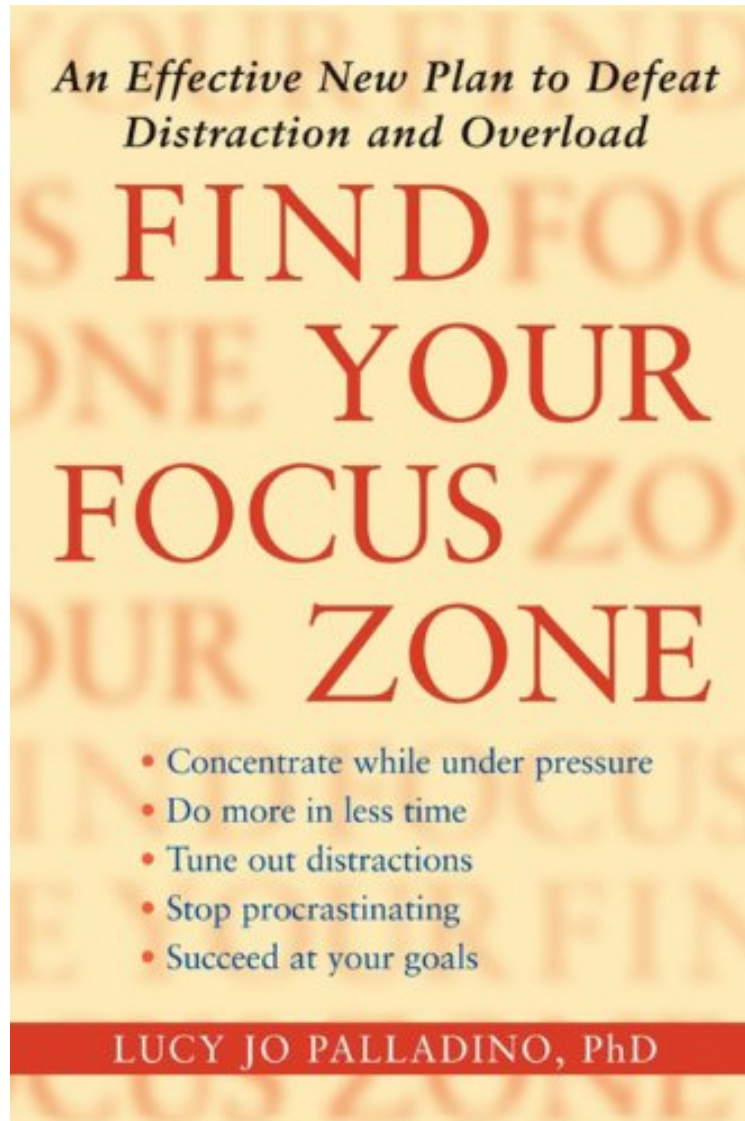


Find Your Focus Zone: An Effective New Plan to Defeat Distraction and Overload

Lucy Jo Palladino

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Lucy Jo Palladino : Find Your Focus Zone: An Effective New Plan to Defeat Distraction and Overload before purchasing it in order to gauge whether or not it would be worth my time, and all praised Find Your Focus Zone: An Effective New Plan to Defeat Distraction and Overload:

3 of 3 people found the following review helpful. Extremely helpful
By medgirl8915I have always had trouble with procrastination. I finally realized that I have many anxieties which are linked to my trouble with focus and attention. However, I always incredibly hard on myself for it. I had never realized there are behavioral methods that actually

work to help us stay in our focus zone. I have been one to quickly jump into the use of medications to help, but after reading this book I was able to cut way back on stimulants and implement better methods with better results. The breathing and self talk are very helpful when I catch myself getting negative or anxious, especially the mantra "Progress not perfection." It also helps to read stories of people of various backgrounds who also struggle with focus and attention. I found I connected with a number of cases mentioned in the book. 5 of 5 people found the following review helpful. Very encouraging. By C. T. Rafal. If you or someone close to you have/has ADHD, I would recommend starting with Chapter 12 and then going back to page 1. Chapter 12 gave me a new perspective on the gift/value of ADHD. The rest of the book gave very specific things to notice about your self...how you start feeling when your brain chemistry is taking you out of your focus zone...or how certain kinds of thoughts can knock your brain chemistry off track...and how to substitute different thoughts or questions to get back into your focus zone. A lot of it is based on sports psychology and that in itself was exciting to me, who doesn't want to be excellent like an athlete and relax under pressure and all that...? This information was so much more helpful to me than going to typical coaching where the guy was trying to spoon feed me one tired old executive function/time management technique each week with no explanation of how these things I have known for decades would actually become useful to me instead of just piling on extra tasks to manage (he has no idea what it's like to live in the ADHD zone, but Palladino tells exactly how to clear the "gap" between this natural trait and modern school/office life.). 2 of 2 people found the following review helpful. Amazing book: this review written in format for people with ADHD. By Jessica. I won't write much, because if you're reading this, you probably have ADHD. So let me bullet point this for you: - Best book I've read on ADHD - If ADHD had an owner's manual, it would be this book - Actionable insights that are actually helpful - One of the few ADHD authors who actually writes for people with ADHD - Easy to understand, broken down into digestible sections

Where did my day go? How did it get so late? I feel like I'm being pulled in too many directions at once. If only there were two of me, I could get it all done. If this is you at the end of the day, you are not alone. Millions of people deal with these same frustrations in today's world of endless distraction. Let's face it: We all live on the edge of being overwhelmed, and old ways of paying attention just don't work anymore. When you get more than three thousand advertising messages and hundreds of emails every day, it's no wonder you feel like you're constantly fighting distraction. What is the secret -- known to a select group of high achievers, including Olympic athletes -- to finding your focus zone? The key is managing adrenaline. Too much and you're overstimulated; too little and you're not stimulated enough. Now you, too, can learn the same methods that high performers use. In *Find Your Focus Zone*, psychologist Lucy Jo Palladino, PhD, gives you eight sets of keys to unlock your best attention so that you can concentrate in every situation -- even when you're under pressure or facing dull tasks that must be done. You'll choose which key solutions and strategies work best for you and use them to create your own personal keychain for daily achievement and success. The skills you learn in *Find Your Focus Zone* will help you to Beat procrastination and face boring jobs Overcome obstacles and finish what you start Prevent yourself from getting overwhelmed and burned out Build balance and trust in your work and family relationships Enhance your self-confidence Use interruptions to your advantage Tune out distractions to increase your efficiency and effectiveness Dr. Palladino is the first to explain the science of attention in plain language. As she teaches you cutting-edge concepts and methods to win the fight against distraction and overload, she highlights them with engaging stories, easy exercises, and useful tips. With the individualized program that Dr. Palladino prescribes for your particular needs, you'll learn not only how to find your focus zone, but also how to boost your personal productivity by applying these attention skills, self-encouragement practices, and strengths. And by learning to flex your attention muscle, you'll avoid the dangers of distraction and boredom, like missing deadlines, disappointing your family, and feeling scattered and ineffective. A book for anyone who struggles to cut through the noise of everyday life, *Find Your Focus Zone* gives you the tools you need to succeed in today's digital world of distraction. Warm, practical, and user-friendly, with innovative techniques and a powerful message, it's just what the doctor ordered.

"Coaching people to optimize their brain's functioning is a new and much-needed field in our overloaded world. Civilization and our cyber world have clearly outstripped our brain's ability to deal with all that information, so we need all the help we can get. Lucy Jo gives practical tools to help all of us deal with the constant overloaded state in which we find ourselves immersed." -- John Ratey, MD, author of *A User's Guide to the Brain* and co-author of *Driven to Distraction*. About the Author: Lucy Jo Palladino, PhD, is the author of *Dreamers, Discoverers, and Dynamos: How to Help the Child Who Is Bright, Bored, and Having Problems in School* (formerly titled *The Edison Trait*). She is an award-winning psychologist and attention expert with thirty years of professional experience. Dr. Palladino, who lectures nationwide, has received several federal research grants, published numerous articles in professional journals, and presented papers at national conferences. She has also taken advanced training in sports psychology and served on the clinical faculty of the University of Arizona Medical School. Her research findings have been featured in *Family Circle*, *Men's Health*, *Los Angeles Times*, *The Washington Post*, *The Boston Globe*, and *Web MD*. In recent years, she

has appeared as the resident psychologist for the The Morning Show on KFMB-TV, the CBS affiliate in San Diego, California. You can learn more about her work at www.YourFocusZone.com.