

# Download Driven To Distraction At Work How To Focus And Be

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Driven to Distraction at Work: How to Focus and Be More Productive. You know the feeling: you can't focus; you feel increasingly overwhelmed by a mix of nonstop demands and technology that seems to be moving at the speed of light; and you're frustrated just trying to get everything done well—and on time.

Achieve Focus 3 Words at a Time (each 3 words long) You can purchase Driven to Distraction at Work at: Amazon, Barnes & Noble, Books-a-million, iBooks and Indiebound.

Are you driven to distraction at work? Bestselling author Edward M. Hallowell, MD, the world's leading expert on ADD and ADHD, has set his sights on a new goal: helping people feel more in control and productive at work.

The latest in Ned Hallowell's Driven to Distraction series, Driven to Distraction at Work tackles ADHD on the job. Dr. Edward Hallowell is an expert on ADHD, but his tips for focus and productivity apply to all of us. Hallowell first addresses the six most common distractions at work: electronics, taking on too much work, hopping from idea to idea,...

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Driven to Distraction at Work How to Focus and Be More Productive by Ned Hallowell 9781422186411 (Hardback, 2015) Delivery Canadian shipping is usually within 12 to 16 working days.

Driven to Distraction at Work is an important new book by THE expert in ADD - ADHD Dr Ned Hallowell, founder of the Hallowell Center for Cognitive and Emotional Health. Ned provides strategies for how to focus and be more productive.

'Driven To Distraction' Can Help. ADT, identified by Hallowell in 1994, is caused by one's environment, rather than genetic makeup. Many of the habits associated with ADT are actually coping mechanisms that can remain even after stressful conditions have subsided. A lot of people view their difficulties—feeling...

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