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## The Power of Concentration Targeting the Human Mind

By Dr. Harry Jay

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 68 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. The Power of Concentration - Targeting the Human Mind describes in detail the science behind the power of concentration and improved concentration, how to improve focus, improving concentration, concentration power, increase concentration, memory improvement. This book was originally written as a sequel to my book The Power of Observation and I undertook this project to dispel some myths that my readers sent me. Because of these myths, people are having difficulty putting the power of the mind to work in their lives. The first myth is this: Concentration IS NOT another word for FOCUS!!! The human mind concentrates or is targeted to something or some object but can be focused on something else. A good example of this is reading a book (concentration) but your mind is wandering (focused) on another subject; maybe a problem or a person or whatever. I know everybody has had this occur in their lifetime; many all too often. The other day I was reading one of my professional journals and I had read maybe ten pages when I realized that I was...



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*A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).*

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