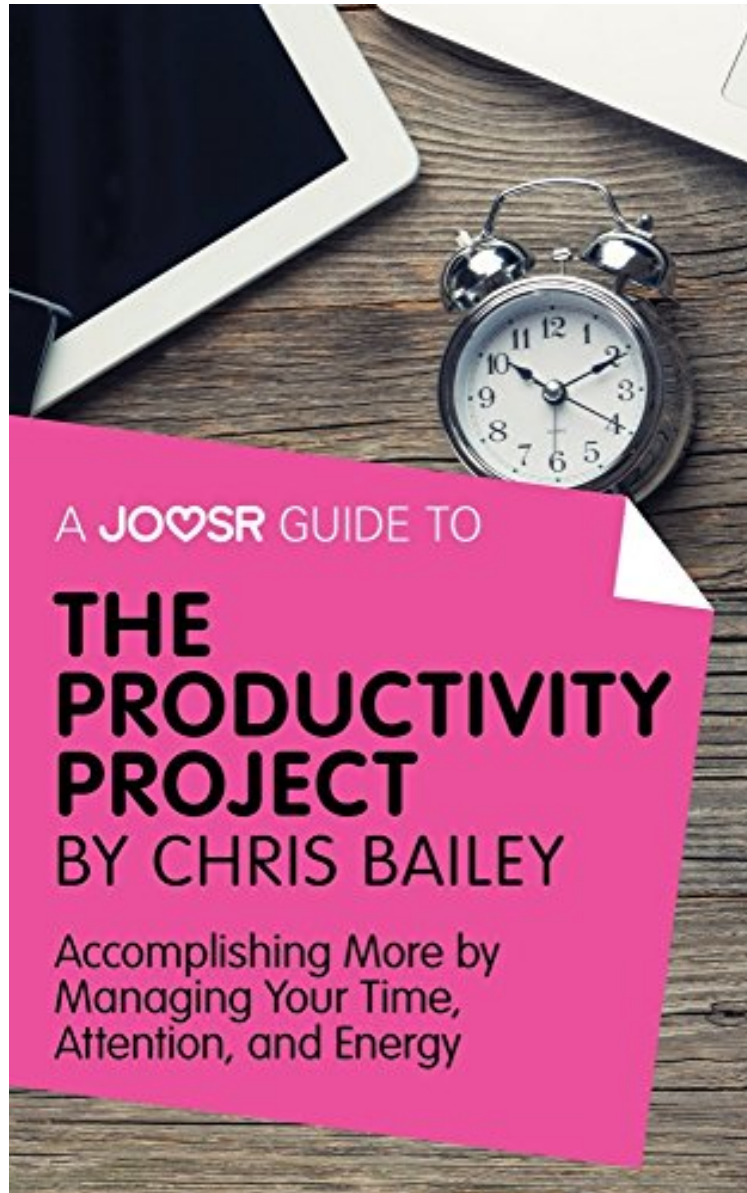


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## Attention, and Energy:

In today's fast-paced world, it's tough to find the time to read. But with Joosr guides, you can get the key insights from bestselling non-fiction titles in less than 20 minutes. Whether you want to gain knowledge on the go or find the books you'll love, Joosr's brief and accessible eBook summaries fit into your life. Find out more at [joosr.com](http://joosr.com). It's a busy world we live in, and at times it can seem like there aren't enough hours in the day to get everything done. We would all like to be more productive, but finding the right method to do so can be tricky. Fortunately, The Productivity Project has compiled the best techniques in one place. It is possible to boost your energy, sharpen your focus, and strengthen your attention by utilizing a few simple productivity hacks. Stop wasting your precious minutes on pointless tasks, and instead get things done, becoming more productive in every facet of your working and personal life. You will learn:

- When you have the most energy to accomplish your work
- How to make small tasks simply disappear
- How to use technology to free up your time.