



Clarity: Clear Mind, Better Performance, Bigger Results (Paperback)

By J Smart, Jamie Smart (Bu, Smart

John Wiley and Sons Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 214 x 136 mm. Language: English . Brand New Book. LEARN TO CLEAR YOUR MIND AND THINK LIKE A WINNER We all have so much going on. A million different projects, to-do lists longer than your arm. We all worry about things money, deadlines. With all this buzzing around in our heads it's often a nightmare trying to concentrate on one thing. What if someone could show you how to empty your mind of all the noise? If you could be shown how to de-clutter your mind and concentrate on one important thing? Well Jamie Smart, state-of-mind specialist, can do just that with Clarity he will show you how to get real clarity of thought. You'll learn how to clear your mind and become less stressed and more productive and as a result, more confident in your abilities. Clarity will help you to: Greatly improve your concentration and ability to think clearly Reduce stress levels and increase productivity Grow your confidence and self-belief Find innovative solutions to problems and make progress on goals and dreams Trust your intuition and improve your decision-making Build stronger relationships through...



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