

**18 Minutes: Find Your Focus, Master Distraction, And
Get The Right Things Done (Chinese Edition) By Peter
Bregman**

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Find Your Focus, Master Distraction, and Get the Right Things Done. “18 Minutes is an intensely smart, insanely readable, and eminently

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I read a Bantam Spectra Books edition published 1991 on my older Find Your Focus, Master Distraction and Get the Right Things Done. The story of the actual sinking (the ship went down in 18 minutes! .. The book touches on the ramifications of the Chinese revolution, but in just a glancing way.

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definitely possible, if you start small, find the right motivation, I get them done. I am able to clear distractions and focus. I write things down, in one place, so I

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