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With this guide, I will help you learn how to improve your focus and concentration. To start, we'll examine what focus is and why it is important, then we'll go over the psychological shortcut for improving your focus. Finally, we will discuss some physical benefits of focus as well as some general tips on focusing in real life situations. Let's dig in! What is Focus? One definition of "focus" can be found here: <https://www.medical-dictionary.com/definition/focus#foc-calm--intensely concentrated> upon a particular object or sense: "he could not keep his thoughts focused" Another definition of "focus" can be found here: <https://www.thefreedictionary.com/focus> An object or place at which rays of light converge or from which they diverge: the sun is the focus of the solar system (in a microscope) the point of convergence of light rays from an object placed in the objective. The camera is adjusted so that this point coincides with that of an image formed by a lens on a ground glass screen: We focused on her face and then moved in for a close-up. The point or purpose toward which effort or activity is directed: His focus now is to raise money for his campaign. Also called focal point, locus. Psychol. The central point of interest, attraction, or concern to which the attention is directed. Now that the definitions are out the way, here's what focus really means to us: Focus is an individual's ability to concentrate on one thing at a time while pushing all other thoughts out of their head. One thing. Single-tasking. Not "I'm going to do this task, then do this other task", but rather one thought at a time. When you are able to do this, you will be able to accomplish far more in much less time. Why is focus important? Mindfulness One of the most effective ways of improving your focus is to study meditation. Focus has been studied in several different ways in an attempt to determine the best way in which one can improve their focus. Researchers have concluded that not only does meditation help improve our ability to concentrate, it helps us be more mindful of our surroundings and create a greater understanding of ourselves. Mindfulness has also been studied in regards to its effects upon our ability to concentrate . Mindfulness is one of the most important things we can do to improve our focus and concentration. With mindfulness comes heightened awareness, and heightened awareness leads to improved concentration: The Mindful Way: A Buddhist Path to Happiness . When we are aware of our surroundings and how we feel, we will be able to cope with stress much better. Being mindful forces us to pay attention to what is going on around us, not just the tasks at hand. The Compound Effect There have been several studies that have attempted to find the best way in which one can improve their focus. One of the most interesting was conducted by Christine Miserandino, Dr. Elizabeth Stoykewitsch, Daniel J. Levitin & Andrew J.

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