

Fokus

Diese Bücher können Dich inspirieren konsequent Prioritäten zu setzen und öfter mal *Nein* zu sagen:

- ✓ *The 4-Hour Workweek*
(Timothy Ferriss)
- ✓ *The Power of No: Because One Little Word Can Bring Health, Abundance, and Happiness*
(James Altucher)
- ✓ *Focus: The Hidden Driver of Excellence*
(Daniel Goleman)
- ✓ *The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results*
(Gary Keller)
- ✓ *Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long*
(David Rock)