

# Fokus

Diese Bücher können Dich inspirieren konsequent Prioritäten zu setzen, öfter mal *Nein* zu sagen und Dich auf Deine Stärken zu konzentrieren:

- ✓ *The 4-Hour Workweek* (Timothy Ferriss)
- ✓ *Now, Discover Your Strengths*  
(Marcus Buckingham, Donald O. Clifton)
- ✓ *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)