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The Little Book of Clarity: A Quick Guide

By Jamie Smart

Times Group Books, New Delhi, India, 2015. Softcover. Book Condition: New. First Edition. Imagine what you could achieve if you could only clear your mind. The Little Book of Clarity shows you how to clear your head and get things done. Based on bestselling book, Clarity, this new edition has been distilled to the essentials, getting right to the point. With no vague theory or superfluous anecdotes, this book gets you right to work reducing stress and boosting productivity by uncovering your mind's in-built 'self-clearing' capacity. As you begin to understand the concept of innate thinking, the benefits will start emerging in every corner of your life. As you think less, you'll win more - at work, at home, and at the game of life as a whole. You'll rid your mind of clutter for good as you focus on what matters and finally free up the time you need to pursue your dreams. Life's constant bombardment of 'to-do' and 'urgent' pushes your own priorities clear off the radar. Before you know it, you're always busy, but not getting very much accomplished. Personal goals fall by the wayside as you struggle just to keep up with day to day life. This book...



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