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Gift**

Special Report

How To Develop *Concentration Power*

**Discover the 5 simple steps to improve and
develop your concentration power**

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How To Develop Concentration Power

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How To Develop Concentration Power

If a person wants to achieve great success, what does he need most?

He needs the power to concentrate 100 percent on the task at hand.

With this kind of concentration, you can accomplish anything easily. You can study fast and remember more. You can finish your work quickly.

But is it possible to concentrate 100 percent?

Yes.

Observe a child playing. You'll see a model of 100 percent concentration.

Observe lovers talking to each other. You'll see 100 percent concentration!

Observe a person reading an interesting story book. Again you'll see 100 percent concentration!

What is common among these three cases? LOVE!

They are in love with the task at hand! When you love something, your brain focuses all its power and attention on it. Hence your concentration power automatically increases.

In fact, this is another secret of success of brilliant students and top professionals around the world.

Check it out for yourself.

Observe top students in your class. You will realize that they love to study (even if some might claim otherwise!)

Observe people who are very successful in their job or business...irrespective of whether they are musicians or computer professionals. You will notice that they love doing their work. In fact

most of them will tell you, 'I hardly notice how time flies away when I am working.'

Thus the EASIEST way to achieve total concentration is to: Love What You Do.

But what about those things which you do not love? How to increase your concentration power in such situations?

Well in such cases, learn and use the five simple but powerful steps given below. It will help you control your wandering mind and focus it on whatever task you want to complete:

STEP #1: Prepare yourself to concentrate 100 percent

Do these two things before starting any work:

- Before starting your work, assume comfortable body position. If you are sitting, sit comfortably. If you are standing, stand comfortably. This helps in proper blood circulation and breathing.
- Then declare to yourself mentally, "I am now going to pay full attention to this work."

STEP #2: Develop deep interest towards the work on hand

Develop deep interest in the work that you have to do. How? Just use this trick:

Think of all the little and big benefits you will get when you successfully complete your work. This will automatically boost your interest.

STEP #3: Engage other 'relatives' of concentration

There are certain things that strongly increase concentration power. Hence we call these things as 'relatives' of concentration.

Here are four important ‘relatives’ of concentration:

- **Clear purpose**—know exactly why you want the task done, what is your goal.
- **Strong Desire**—have strong desire to fulfill your purpose.
- **Commitment**—be committed to complete all the tasks related to achieving your purpose.
- **Belief**—believe that you can do whatever you want to do and reach your goal.

Use above four ‘relatives’ of concentration while studying or doing any work. It will help you to concentrate easily.

STEP # 4: Work when you work, and play when you play!

This is the age old advice. Valid for ever. When you follow a time schedule for all your activities it becomes easy to concentrate.

When you watch TV, don’t think of studies or any other work. Just enjoy the program.

When you eat, just eat. Enjoy the taste and aroma of the food. Think of its nutrient value for your body.

When you concentrate on enjoying yourself without distraction and guilt, you will find it easier to concentrate on your studies or work too.

STEP # 5: Five-Minute Concentration Exercise

This is a very simple exercise to increase your attention span and concentration. You can do this exercise anytime. Here’s what you have to do:

Pick up some work that can be completed in roughly five minutes.

For example, it could be cleaning your study table, rearranging

your books, combing your hair, washing few dishes, cleaning doors or windows, etc.

Now start doing the work which you have chosen. Pay full attention to what you are doing. Watch the movement of your hands. Don't think about anything else.

If your mind wanders to other thoughts, don't get angry. Gently bring your mind back to the work you are doing. Think of it only.

Do this exercise for at least 21 days, as often as you can. Your concentration power will improve tremendously.

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