

Concentration!

Course Number: AX084-027SG

Days: Self Study

Description: We all wish we could learn to concentrate better. Now, with this book, you can! Discover how to build the necessary mental discipline to keep the mind from wandering. Exercises are included to help you develop the skill of concentration and improve your listening and memory habits.

Topic-Level Outline

 **CRISP**series

Part 1: About Concentration

Definitions What Is Concentration?

Chapter 1: Why Cant I Concentrate?

Chapter 2: How Can I Learn the Skill of Concentration?

Part 2: Barriers to Concentration

Chapter 3: What If I Dont Feel Like Concentrating?

Chapter 4: How Can I Concentrate Despite Distractions?

Part 3: What Concentration Can Do for Me

Chapter 5: How Can I Use Concentration to Be More Confident?

Chapter 6: How Concentration Will Improve My Listening, Memory and Study Skills

Part 4: No More Excuses?

Chapter 7: What If Im Too Tired to Concentrate?

Chapter 8: What If Ive Never Been Able to Concentrate?

Summary

Action Plan