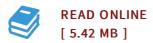




## Seek This, Not That Where You Focus Makes ALL the Difference

By Bob Wilson

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.What you focus on makes all the difference. We have often been misled on what to seek in life. For example, many people spend a large amount of time chasing happiness. Chasing happiness isnt how you find happiness. Happiness is not achieved directly. Seek This, Not That is about noticing where you have been misled and choosing a different and better focus. Changing what you focus on you can change your life. Through the sharing of personal stories and scientific research, Mr. Wilson illustrates how a change in focus can have a profound impact on your personal growth and success. The answer to the question: How to succeed in life is often answered by first shifting your perspective. Some of the other topics covered in the book include: how fear can help you, how multitasking is slowing you down, how work life balance is overrated, the importance of letting go, having gratitude even for lifes challenges, personal boundaries are healthy, the gold within adversity and why you need more curiosity. Seek This Not That is a product of...



## Reviews

This type of publication is every thing and got me to seeking in advance plus more. I was able to comprehended every thing out of this created e ebook. I am easily could possibly get a satisfaction of reading a created ebook.

-- Sonya Koss

Without doubt, this is actually the best job by any publisher. It is writter in basic phrases instead of difficult to understand. You will like the way the author publish this publication.

-- Dr. Marvin Deckow