



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

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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 isn't 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 life's challenges, personal boundaries are healthy, the gold within adversity and why you need more curiosity. Seek This Not That is a product of...



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