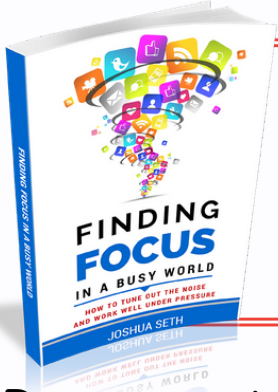


From Joshua Seth - author of "Finding Focus In A Busy World"



TOP 5 TOOLS TO INCREASE FOCUS AND PRODUCTIVITY

Do you want to get more done, have more energy, & stop feeling overwhelmed? Distractions stress us out, slow us down, and destroy our productivity. So here are the top 5 free tools I use every day to tune out the noise and work well under pressure. It's time to Focus!

Meditation for Stress Reduction



I recorded this progressive relaxation MP3 to help melt away stress, overwhelm, and fatigue. That has to come first, before you can lock in, find focus, and produce your best work. [Listen here.](#)

A Pomodoro App



As I describe in Chapter 13 of my book, the Pomodoro technique can really force you to focus and get things done because it limits your productive time to 25 minute increments. Pick up a free Pomodoro App in your app store of choice or [go old school here.](#)

MySpeed



Use MySpeed to speed up video viewing and absorb critical information up to 5 times faster. Or slow things down to take notes. [Try it out for free here.](#)

The Email Game



This one only works with Gmail, but if you do use that email service then this little online game does a great job of getting you to inbox zero (and keeping you there) while having fun along the way! [Play it here.](#)



Freedom

Freedom helps you be more productive by blocking distractions across all your devices. [Try it free here](#)

To Claim Your Free Bonuses Text FOCUS to 66866

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