

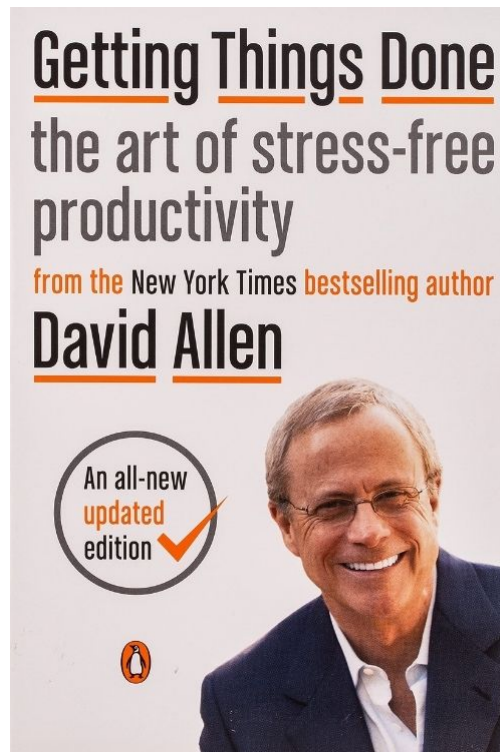


Hustle culture may be toxic, but the way the world functions is on productivity. Productivity determines your success, both financial and personal, in a world like ours. But where do you cross the line? Where do you decide that overworking beyond this point will lead to problem? What you might need is focus. Focusing on your work while at work and on your home when at home will make life easier. Pouring your absolutely attentive concentration on your task will help you get done with it easier, faster and better. But of course it isn't as easy as this. Focus requires cognitive resources and organizing them is a tedious, effortful task. But as always, books come to the rescue. Here's a list of 5 books to make you focused in life. These books will boost your focus, and hence your productivity, professionally and personally.

## **5 Books To Make You Focused In Life:**

1. Getting Things Done by David Allen
2. Free to Focus by Michael Hyatt
3. Deep Work by Cal Newport
4. Focus by Daniel Goleman
5. The 7 Habits of Highly Effective People by Stephen Covey

### **Getting Things Done by David Allen**

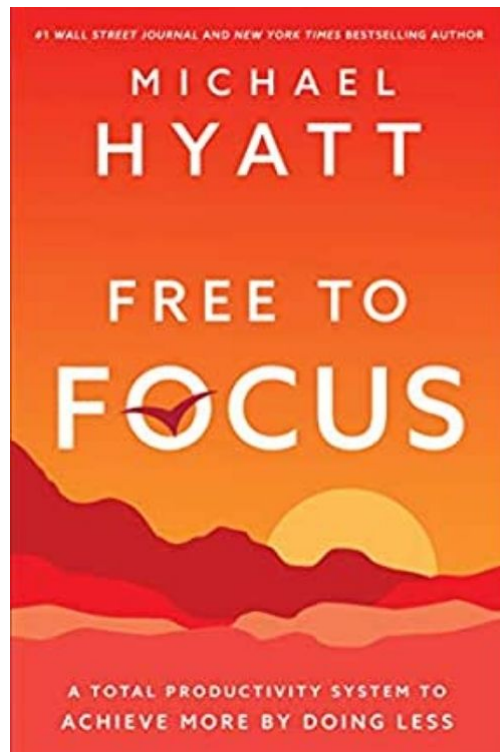


*5 books to make you focused in life - **Getting Things Done***

BUY NOW

The gist of this tremendously popular and almost groundbreaking book is - productivity is directly proportional to your ability to relax. Thus, his techniques are aimed at making the mind clear, stress free, organized and full of systems thinking, which then betters focus. This betterment in focus increases productivity.

**Free to Focus by Michael Hyatt**

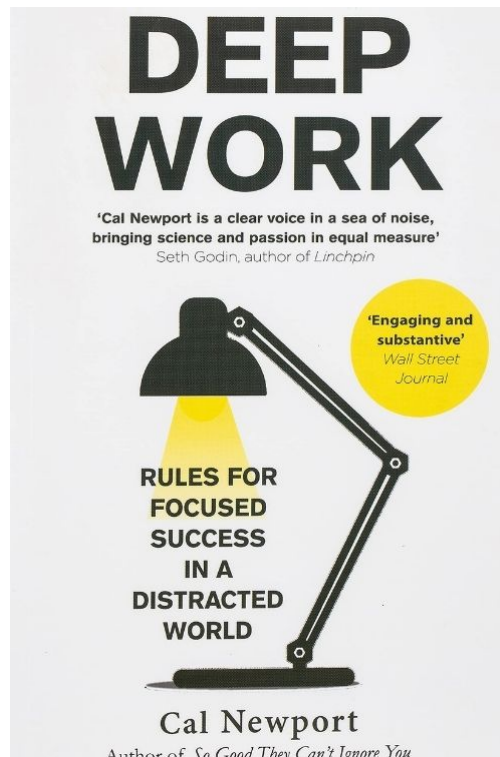


*5 books to make you focused in life - **Free to Focus***

## BUY NOW

Time is an expensive commodity. Taking time out from the hustle culture we live in for the things that truly matter and hold meaning is becoming an exceedingly difficult task. This book, by Hyatt, gives tips on time management that will help sharpen your focus on what you love best. Moreover, he creates a whole productivity system that will help you focus on personal, professional and social lives equally.

## **Deep Work by Cal Newport**

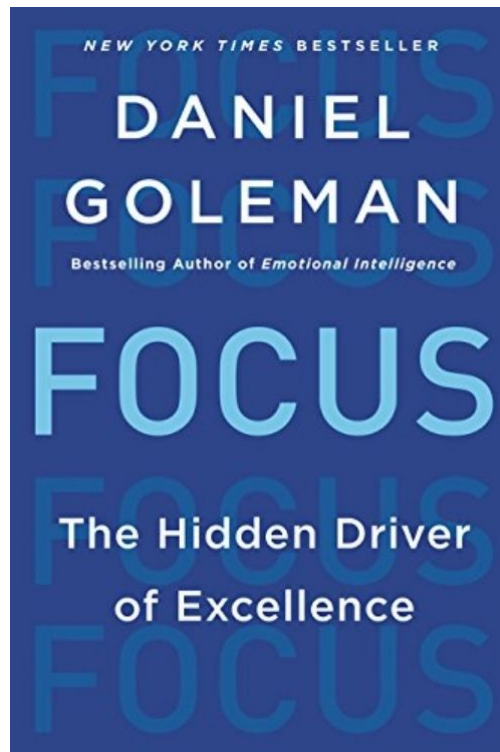


5 books to make you focused in life - **Deep Work**

**BUY NOW**

The world will provide distractions - you need to rise above them with focused attention to win focused success. In this book, Cal outlines the importance of being able to extract maximum understanding from a cognitively demanding task by focusing your mental energies on it. This will allow you to be more productive and work for less time but more intensity. In the first part of his book, he talks about exactly why a deep work ethic is an asset to any person belonging to any profession. Then, in the second part, he outlines a vigorous training program of sorts to enable you to develop that work ethic. Thus, through theory and practice, he cements your understanding and embodiment of focus.

**Focus by Daniel Goleman**

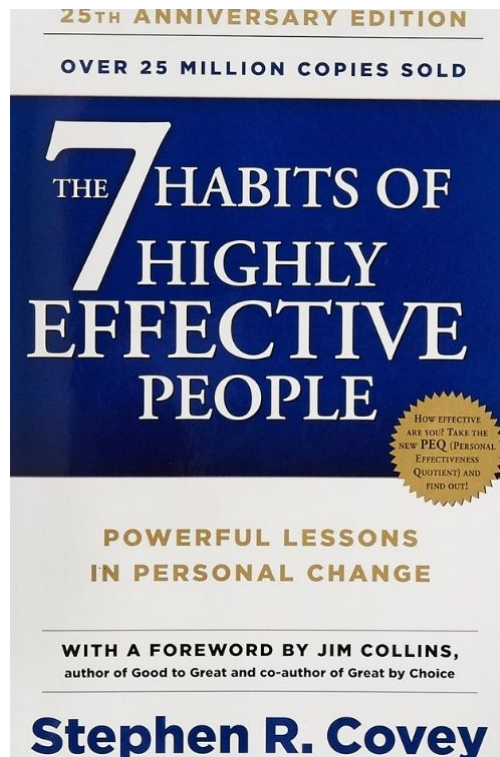


*5 books to make you focused in life - **Focus***

BUY NOW

The subtitle of this book is 'the hidden driver of excellence' and that is exactly what focus is about. Often overlooked, it is a key component in success as well as work life balance. In his newest book, the psychologist Goleman offers novel understandings of all aspects of attention, and how it can really make a difference. By adding a psychological view to the topic, he helps us understand our own minds and make an impactful change within. By classifying attention as inner, outer and other, he demonstrates the use of each of these. He also provides meticulous examples of high achievers who have accomplished this. Basically, Goleman outlines the difference between experts and amateurs, and explains how a driven focus can change the ballgame for both.

**The 7 Habits of Highly Effective People by Stephen Covey**



*5 books to make you focused in life - **The 7 Habits of Highly Effective People***

BUY NOW

This book outlines seven tips to become a success and be productive in both professional and personal spheres of life. Although this book doesn't talk directly or overtly about focus, all of Covey's principles aim at streamlining your focus to the life you want to live. For example, being proactive, beginning with the end in mind and putting first things first are all ways of sharpening focus. Also, his last habit - sharpening the saw - makes use of focus.

**Also Read: National Story Is Needed Like National Flag to Connect People**