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problem dass einfach nichts so klappt
wie du es
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tipps du glaubst du hast eine
konzentrationsschwäche und musst
damit leben du kannst lernen deinen
konzentration zu steigern oder willst du
einfach deine mentale performance
erhöhen indem du deine
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stärken endlich multitasking können 5
tipps die sie durch den alltag begleiten
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deiner konzentration und von deinem fokus habe ich in früheren episoden angesprochen

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führungsalltag jeweils auf einer doppelseite werden themen von gesprächsführung über entscheidungen treffen bis hin zu krisenmanagement auf den punkt gebracht

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web sep 25 2021 fokus und konzentration bedingen sich gegenseitig wer sich fokussiert kann sich automatisch besser konzentrieren und wer sich konzentriert wird dadurch automatisch fokussierter im gegensatz dazu sind zerstreung und unkonzentriertheit vorprogrammiert wenn man auf vielen hochzeiten gleichzeitig tanzt