



The Focus Booster: Increase Your Focus in Five Easy Steps

Neil McNerney LPC

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The reason for this workbook is simple. No one has ever taught kids how to pay attention and stay focused. Adults tell kids all the time: "Stay Focused, Pay Attention," but very few adults have actually taught kids how to do it. The Focus Booster will give you a simple method to increase attention span and decrease drift-offs. Parents - If you have a child who has trouble paying attention, this workbook is a simple way to help students pay attention. Try it out for yourself first and see if it helps!

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