## Flow

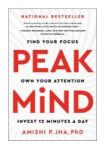
In positive psychology, a flow is a cognitive state (also known as being "in the zone" (sports) or "in the pocket" (music)) in which a person is fully immersed in an activity. Achieving this state can help people feel greater enjoyment, creative energy, and energized focus.

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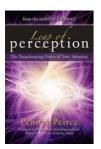


High performance habits: how extraordinary people become that way / Brendon Burchard.

Burchard, Brendon, author.

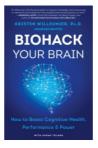


Peak mind
Jha. Amishi.



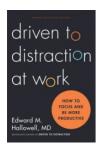
Leap of perception: the transforming power of your attention / Penney Peirce; foreword by Martha Beck.

Peirce, Penney.



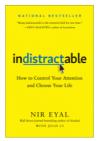
Biohack your brain: how to boost cognitive health, performance & power / Dr. Kristen Willeumier, with Sarah Toland.

Willeumier, Kristen, author,



Driven to distraction at work : how to focus and be more productive / Edward M. Hallowell, MD.

Hallowell, Edward M., author.



Indistractable: how to control your attention and choose your life / Nir Eyal, with Julie Li.

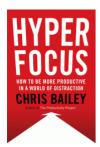
Eyal, Nir, author.



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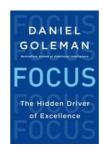
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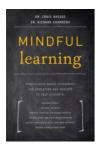
Hyperfocus: how to be more productive in a world of distraction / Chris Bailey.

Bailey, Chris, 1989- author.



Focus: the hidden driver of excellence / Daniel Goleman.

Goleman, Daniel.



Mindful learning: reduce stress and improve brain performance for effective learning / Dr. Craig Hassed & Dr. Richard Chambers. Hassed, Craig, author.



The distracted mind.

