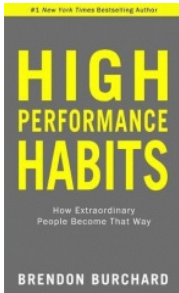


Flow

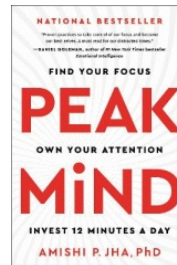
In positive psychology, a flow is a cognitive state (also known as being "in the zone" (sports) or "in the pocket" (music)) in which a person is fully immersed in an activity. Achieving this state can help people feel greater enjoyment, creative energy, and energized focus.

Created by CPLGordana



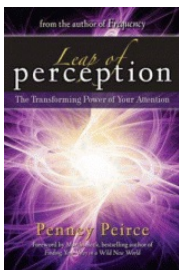
High performance habits : how extraordinary people become that way / Brendon Burchard.

Burchard, Brendon, author.



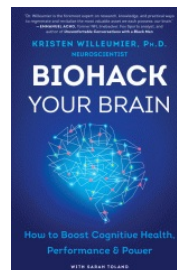
Peak mind

Jha, Amishi,



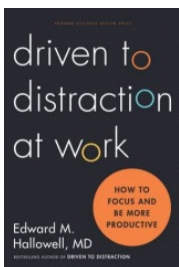
Leap of perception : the transforming power of your attention / Penney Peirce ; foreword by Martha Beck.

Peirce, Penney.



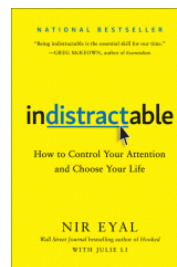
Biohack your brain : how to boost cognitive health, performance & power / Dr. Kristen Willeumier, with Sarah Toland.

Willeumier, Kristen, author.



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

Hallowell, Edward M., author.



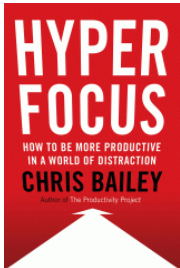
Indistractable : how to control your attention and choose your life / Nir Eyal, with Julie Li.

Eyal, Nir, author.

Flow

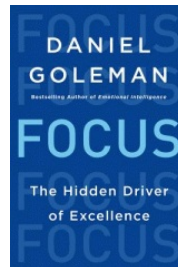
In positive psychology, a flow is a cognitive state (also known as being "in the zone" (sports) or "in the pocket" (music)) in which a person is fully immersed in an activity. Achieving this state can help people feel greater enjoyment, creative energy, and energized focus.

Created by CPLGordana



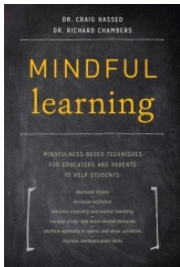
Hyperfocus : how to be more productive in a world of distraction / Chris Bailey.

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.