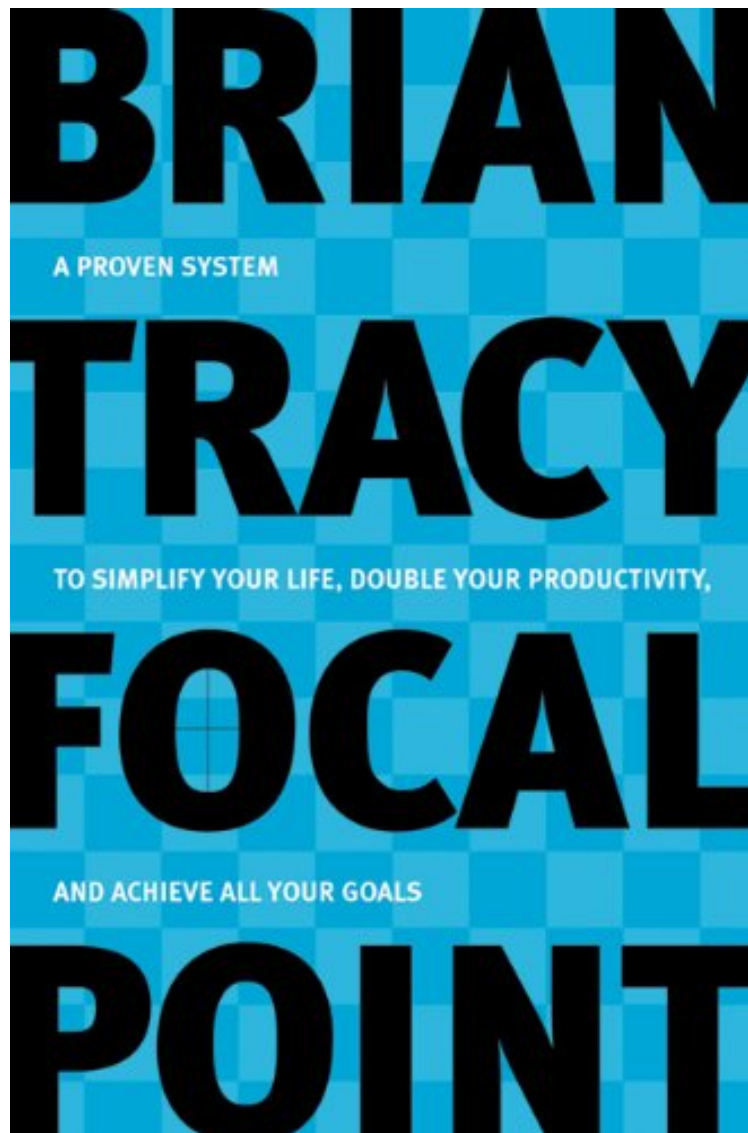


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## **Focal Point: A Proven System to Simplify Your Life, Double Your Productivity, and Achieve All Your Goals**

*Brian Tracy*

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**Brian Tracy : Focal Point: A Proven System to Simplify Your Life, Double Your Productivity, and Achieve All Your Goals** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Focal Point: A Proven System to Simplify Your Life, Double Your Productivity, and Achieve All Your Goals:

1 of 1 people found the following review helpful. More good stuff By Jennifer Always love what he has to say. Though it's similar to previous I've read it's still great to hear more 2 of 2 people found the following review helpful. Focal

Point Both Asks the Right Questions, and Provides Valuable Answers  
By S. Smith, Executive Consultant  
In the first two pages of *Focal Point*, Brian Tracy tells an anecdote so powerful and real, readers could stop right there and still receive tremendous value. He walks the walk by making the focal point of his book crystal clear. But it's just as well he wrote the following 222 pages, as he provides so many ways to translate the core concept into everyday practices. He applies the "Focal Point Process" to financial, spiritual, community, and personal objectives. Chapters include "Improve Your Family and Personal Life", "Enjoy Superb Health and Fitness", "Make a Difference in Your Community" and "Spiritual Development and Inner Peace". The ideas may not be novel, but the combination is robust, and the touchstones are useful in shifting to a more positive and effective mindset. For example, the "1,000 Percent Formula" offers the approach of achieving great change incrementally. The "Law of Increasing Returns" states that the more you focus time on activities that bring the most value, the better and more efficient you get at doing them, so your returns on effort and energy increase. "Zero-based thinking" means asking yourself, "Is there anything I am doing right now that, knowing what I now know, I wouldn't get into again if I were starting over today.... If your answer is 'yes', then your next question is, 'How do I get out of this situation, and how fast?'" *Focal Point* consolidates time management and prioritization guidelines useful in life and business. Collectively, the perspectives and questions both challenge current thought patterns (which may not be so productive) and suggest new ones (which are productive). Throughout, *Focal Point* encourages readers to concentrate on the activities through which they provide the greatest value, and accordingly, absorbing this underlying theme may be greatest value readers gain from the book.  
2 of 2 people found the following review helpful. Want Focus? Get this Book!  
By Ginger  
By the end of Chapter 2 (42 pages), I had incorporated several of Brian Tracy's suggestions and won two large contracts for our company. Worth the price of the book - easy! Tracy claims he has a "Proven System to Simplify Your Life". It is true! As he says, "Don't just read this book, incorporate it". Are you ready to positively change your productivity, goals and life? Be prepared for happier days :)

The Wall Street Journal business bestseller with over 50,000 copies sold! The true secret of high achievers is that they know how to find their "focal point"; the one thing they should do, at any given moment, to get the best possible results in each area of their lives. In *Focal Point*, Tracy brings together the very best ideas on personal management into a simple, easy-to-use plan. *Focal Point* helps readers analyze their lives in seven key areas and shows them how to develop focused goals and plans in each. This best-selling guide provides timeless truths that have been discovered by the most effective people throughout the ages, answering questions like: How can I get control of my time and my life? How can I achieve maximum career success and still balance my personal life? How can I accelerate the achievement of all my goals? *Focal Point* shows readers how to develop absolute clarity about what they want, and how they can achieve supreme satisfaction, both personally and professionally.

.com *Focal Point* is author and motivational speaker Brian Tracy's latest guide to professional and personal development. Combining the basic principles of career success and life balance he has advocated in the past with anecdotes for inspiration, the book proposes a unified approach to simultaneously achieving improvement at work and at home. The crux is finding the "focal point" in all pertinent areas--business, family, finances, health--and then launching a seven-step "personal strategic plan" that "helps you identify exactly what is most important to you ... identify what you need to do to achieve your most important goals (and) determine the steps you have to take to get from wherever you are to wherever you want to go." Tracy shows quite explicitly how to incorporate the specific phases of the process, including Values, Vision, Goals, Knowledge and Skills, Habits, Daily Activities, and Actions, into a drive for long-term growth and overall advancement. Not all who follow Tracy's program will find their incomes doubled and work hours pared while their personal relationships blossom, of course, but anyone who applies it diligently should see definite improvement. --Howard Rothman "his [Tracy's] book offers relief to frustrated business people with too many professional and personal demands on their time; which is to say, all of us." --Time.com "This is a book that must be reread whenever you think you've lost your focus." --Jim Pawlak, syndicated columnist "After reading this book, you can accomplish more in the next couple of years than most people achieve in a lifetime!" --Today's Chicago Woman "If you want to strengthen your life, your effectiveness, and your happiness, you'll discover a great friend in *Focal Point*. And you'll probably recommend it to your friends." --The Midwest Book "author Brian Tracy packs a punch that could assist anyone in running their work lives and personal lives more efficiently." --The Wire "Tracy provides timeless truths that have been discovered by effective people throughout the ages. Readers who follow these simple steps will accomplish more in the next couple of years than most people achieve in a lifetime." --Solutions Update  
About the Author  
One of the world's most widely known business speakers and a leading authority on the development of human potential and personal effectiveness, Brian Tracy addresses more than 250,000 people each year in corporations large and small, all over the world, on the subjects of strategy, management, personnel selection, hiring, firing, and motivating people. He has worked in 22 different businesses, often starting at the bottom and moving up to the executive suite. He is the founder of Brian Tracy

International and is the author of numerous bestselling books and has produced more than 300 audio and video programs.