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Defeat Distraction And Overload By Lucy Jo Palladino
Ph.D.**



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to one thing at a time," says psychologist Lucy Jo Palladino, PhD, author of Find Your Focus Zone: An Effective New Plan to Defeat Distraction and Overload.

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How To Rescue Your Attention Span From Information Overload author of Find Your Focus Zone: An Effective New Plan to Defeat Distraction

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