

# **18 Minutes: Find Your Focus, Master Distraction, And Get The Right Things Done By Peter Bregman**

**By Peter Bregman**

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And here are some brilliant insights from Harvard Business Review columnist and business consultant Peter Bregman, the author of 18 MINUTES: Find Your Focus, Master

Find Your Focus, Master Distraction, and Get the Right Bregman works from the premise pathways that can get us on the right trail in 18 minutes or

24 quotes from 18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done: 1. Leverage your strengths. 2. Embrace your weaknesses. 3

Peter Bregman Interview -- 18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done. Discusses the dangers of productivity and your comfort zone.

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Nov 06, 2011 My previous book was the Wall Street Journal bestseller 18 Minutes: Find Your Focus, Master Distraction, An 18 Minute Plan for Managing Your Day.

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