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simplicity and peace amidst chaos and confusion. That key is itself simple: focus. Our ability to focus will allow us to create in ways that perhaps we haven't in years. It'll allow us to slow down and find peace of mind. It'll allow us to simplify and focus on less — on the essential things, the things that matter most.

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Instead, focus on one system at a time (your laundry system, your errands system, your paperwork system, your email

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system, etc.) and try to make it simplified, efficient, and written. Then stick to it.

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It would be much worse without their wonderful help. focus A simplicity manifesto in the Age of Distraction Leo Babauta Free Version 2 focus: about about focus T his book, “focus”, is by Leo Babauta, creator of zen habits and mnmlist. It was written publicly, online, in small bursts, with feedback from readers throughout the writing process.

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