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That key itself is 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 the essential things, the things that matter most."

—Leo Babauta

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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. And in doing so, we'll learn to focus on smaller things.

A simplicity manifesto in the Age of Distraction

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Focus: A Simplicity Manifesto in the Age of Distraction Leo Babauta The author writes, "At the heart of this simple book lies the key to many of the struggles we face these days, from being productive and achieving our goals, to getting healthy and fit in the face of fast food and inactivity, to finding simplicity and peace amidst chaos and confusion.

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A simplicity manifesto in the Age of Distraction: Part 14. Going with the flow “ Life is a series of natural and spontaneous changes. Don't resist them - that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like. ” Lao-Tzu

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That key itself is 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 the essential things, the things that matter most.”

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—Leo Babauta

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“Simplicity is the peak of civilization.” – Jessie Sampter. By Leo Babauta. A simple life has a different meaning and a different value for every person. For me, it means eliminating all but the essential, eschewing chaos for peace, and spending your time doing what’s important to you.

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Babauta. Today I'm happy to share with you the digital version of my new book, focus. It's about finding simplicity in this Age of Distraction.

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USA "The field of consciousness is tiny. It accepts only.

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Babauta - USA. Distraction at the workplace. In a perfect world,
you could learn to beat the urges that defeat you and create an
environment of focus ... and just focus. But we live and work in a
world with other people ...

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“Simplicity — the art of maximising the amount of work not done — is essential” This, you may recognise, is one of the Principles behind the Agile Manifesto, and it is almost certainly the ...

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The Agile Manifesto is comprised of four foundational values and 12 supporting principles which lead the Agile approach to software development. Each Agile methodology applies the four values in different ways, but all of them rely on them to guide the development and delivery of high-quality, working software. ... and the customer is the focus ...

The 4 Values and 12 Principles of the Agile Manifesto

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best architectures, requirements, and designs emerge from self-organizing teams

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