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priorities in our lives.

**18 Minutes: Find Your Focus, Master  
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18 Minutes: Find Your Focus, Master Distractions, and Get the Right Things Done is a worthwhile read, especially for people who need not only to manage their time better, but also ensure their time is being spent on the right things. Too often, wisdom about the proper priorities of work, family, volunteerism, and so forth is won at the expense of years (even decades) of misdirected labor and focus.

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### **18 Minutes : Find Your Focus, Master Distraction, and Get ...**

In 18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done, Peter Bregman doesn't offer a slew of strategies to accomplish all your activities per day. What he does offer is an approach to consider thoughtfully your priorities and ideas for truly accomplishing your top goals.

### **18 Minutes: Find Your Focus, Master Distraction, and Get ...**

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18 Minutes Quotes Showing 1-30 of 42.  
"To get the right things done, choosing what to ignore is as important as choosing where to focus." — Peter Bregman, 18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done. 8 likes.

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18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done Date. May 9, 2012. Speaker. Peter Bregman. Overview Speakers Related Info Overview. Strategic advisor, Peter Bregman, explains how busy people can create a plan for managing their day in just 18 minutes. Bregman works from the premise that the best way to combat ...

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