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However, mental clarity is something

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you can create quickly on the spot. Whenever you need to think your way out of a problem, make a compelling argument, or you just want the mental noise to STOP... Use these tips to clean-sweep your mind and restore mental clarity. 1. Meditate To De-stress.

6 Ways To Restore Mental Clarity -

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Clarity of mind tends to fluctuate according to how present one may be at any given moment. The deeper the clarity of understanding, the faster the restoration of clarity of mind when it inevitably gets clouded.

Amazon.com: Customer reviews:

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Well Jamie Smart, state-of-mind specialist, can do just that - with Clarity he will show you how to get real clarity of thought. You'll learn how to clear your mind and become less stressed and more productive - and as a result, more confident in your abilities.

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Clarity: Clear Mind, Better Performance, Bigger Results

In 2013, Smart wrote his first book CLARITY: Clear Mind, Better Performance, Bigger Results. The book discusses the use of implication-based learning for achieving mental clarity. Smart suggests that mind has its own "self-clearing" capacity. In the book, he

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writes about the misperception that circumstances are responsible for feelings.

Jamie Smart (author) - Wikipedia

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