

Ako sa sústrediť doma aj v kancelárii

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Najdôležitejšie zručnosti
pre novú ekonomiku:

1. Rýchlo sa učiť

2. Tvorit' na elitnej úrovni

Najčastejšia sťažnosť

11 minút sústredenia



25 minút
rozbehu

(Mark,
2008)

28% času = prerušená práca



```
252     ...changePhotoDescription( cell ){
253     }
254
255     function updatePhotoDescription() {
256         if (descriptions.length > (page * 5) + (currentImage subsetting() - 1))
257             document.getElementById( 'bigimageDesc' ).innerHTML = descriptions[
258         ]
259     }
260
261     function updateAllImages() {
262         var i = 1;
263         while (i < 10) {
264             var elementId = 'foto' + i;
265             var elementIdBig = 'bigimage' + i;
```



(Bernstein, 2012)







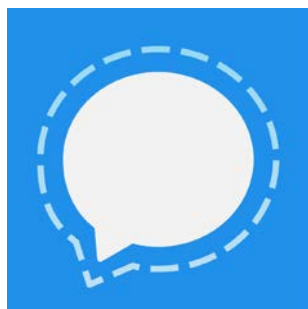
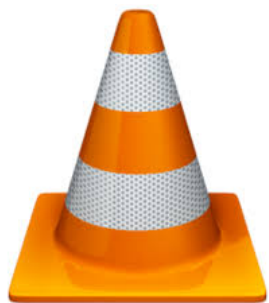
Monastic

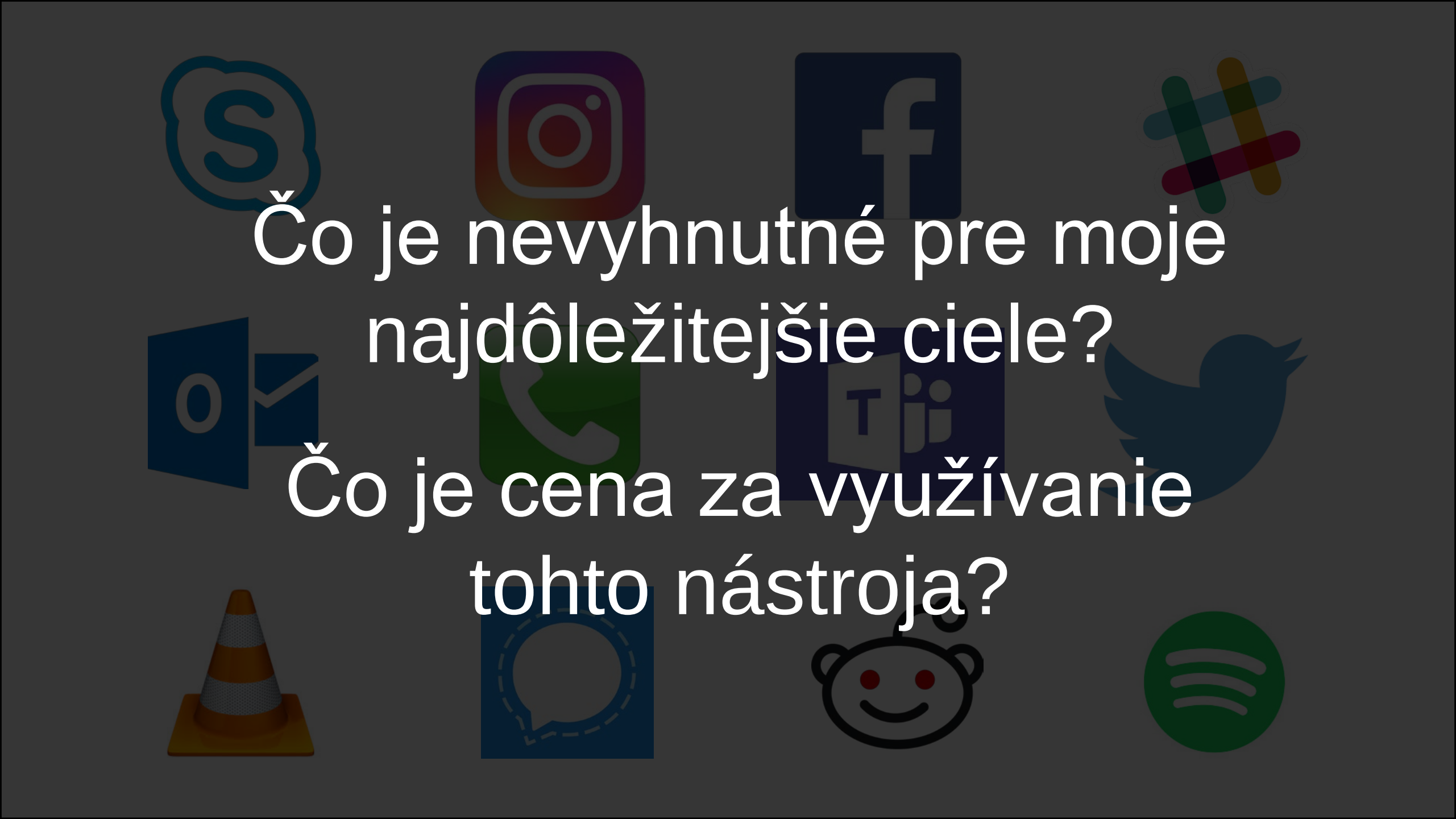
Bimodal

Rhythmic



**It's now safe to turn off
your computer.**



The background features a dark gray surface with a collage of various icons. At the top left is a blue speech bubble with a white 'S'. Next to it is the Instagram logo, followed by the Facebook 'f' logo. To the right is a colorful hashtag symbol. Below these are a blue envelope icon, a green WhatsApp logo, a purple Telegram logo, and a blue Twitter bird. At the bottom, there is a yellow traffic cone, a blue speech bubble with a white outline, the Reddit alien logo, and the Spotify logo.

Čo je nevyhnutné pre moje
najdôležitejšie ciele?

Čo je cena za využívanie
tohto nástroja?



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www.thelivingcore.com