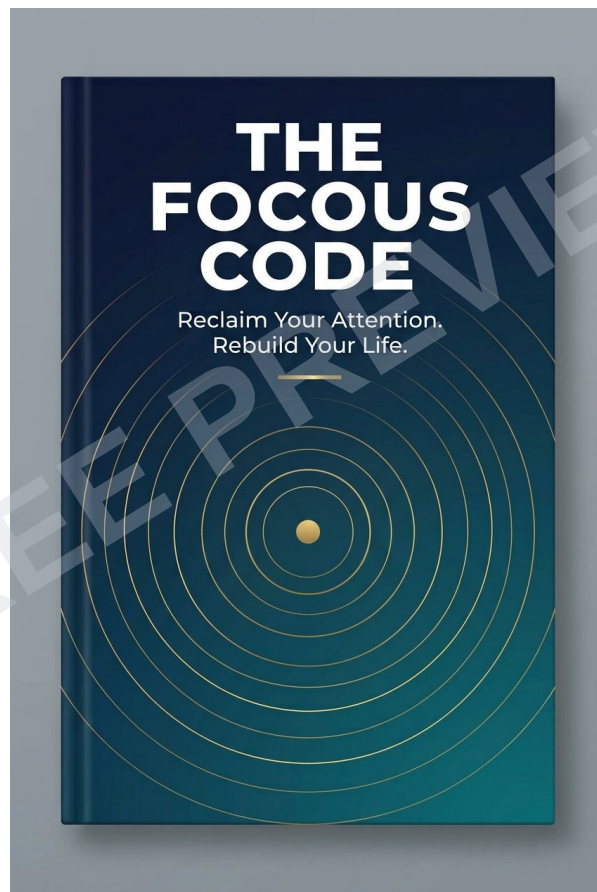


THE FOCUS CODE

Reclaim Your Attention. Rebuild Your Life.

The 4-Rule System to Beat Distraction, Do Deep Work, and Win Back Your Mind



A. R. Khan

The Focus Code: Reclaim Your Attention. Rebuild Your Life.

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For everyone who has ever looked up from a screen and wondered where the day went.

FREE PREVIEW

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INTRODUCTION

Why This Book Exists

Let me begin with an honest question: **How many times did you check your phone today?**

If you are like most people, the answer is somewhere between **80 and 120 times** — roughly once every ten minutes of your waking day. You did not plan any of those checks. They simply happened, the way breathing happens. A notification glowed. A thumb moved. Twenty minutes disappeared.

Now ask a second question: **How many hours today did you spend in a state of deep, uninterrupted concentration** — the kind where the world goes quiet and you forget your phone exists? For most of us, the honest answer is zero. Not one single hour.

Something strange is happening to the human mind. We live in the most comfortable era in history, yet we feel more scattered, more anxious, and more behind than any generation before us. The reason is simple and uncomfortable: our attention is being systematically stolen, and almost nobody is talking about it.

Researchers at the University of California, Irvine found that the average worker now gets only **47 seconds** of focus on any screen before being distracted. Once distracted, it takes an average of **23 minutes** to fully return to the original task. Do the math. A mind that is pulled away every few minutes never works deeply — it only skims, reacts, and apologizes for being behind.

This book is my answer to that quiet crisis. It is built on one conviction: **the ability to focus is not a talent you are born with. It is a skill you build — and it may be the single most valuable skill of the twenty-first century.**

In a world designed to distract you, the ability to focus is a superpower.

This book is your training manual.

The Focus Code

Everything in this book is organized around a simple system I call **The Focus Code**. It has four rules:

Rule 1 — Design Before Discipline. You will learn to change your environment so that focus becomes the path of least resistance, not a daily battle of willpower.

Rule 2 — One Deep Hour. You will build a single protected hour of deep work into every day — and protect it like a meeting with the most important person in the world: yourself.

Rule 3 — Train the Attention Muscle. Attention is like a muscle. You will learn exactly how to strengthen it with simple daily exercises, the way you would train a bicep.

Rule 4 — Reset Rituals. Focus is not only about doing deep work; it is about recovery. You will build the sleep, rest, and reset rituals that make tomorrow's focus possible.

How to Use This Book

Read it slowly. This is not a book to skim — that would be ironic. Each chapter ends with a short section called **Do This Now**, with one small action you can complete in ten minutes or less. Do the action before you move to the next chapter. Small actions, repeated daily, are what rebuild attention.

Part I explains the crisis — how your attention is stolen and what it costs you. Part II teaches the four rules of the Focus Code. Part III applies the code to work, study, and relationships. Part IV shows you how to make the change permanent, including a complete 30-day plan in the Appendix.

One last thing before we start. This book will not ask you to throw away your phone or move to a mountain. Technology is not the enemy. **Mindless technology use is the enemy.** The goal is not to live without tools — it is to become the one holding the tools, instead of being held by them.

Your attention is your life, because whatever you pay attention to becomes your life. Let's take it back.

PART I

THE ATTENTION CRISIS

Before we fix focus, we must understand what broke it. In the next three chapters, you will see exactly how the modern world hijacks your attention, what that does to your brain, and the hidden price you are paying every single day.

FREE PREVIEW

YOU'VE READ THE PREVIEW

Now get the complete 4-Rule system —
all 13 chapters, the 30-Day Challenge,
and the bonus toolkit.

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