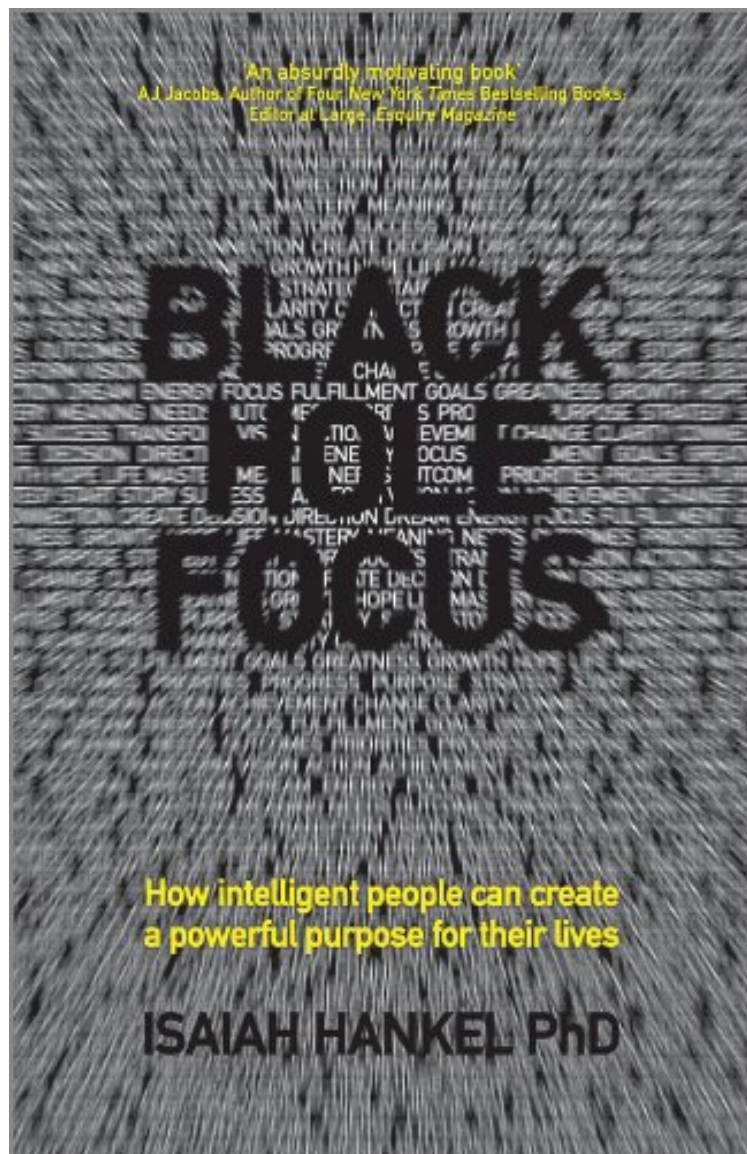


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# Black Hole Focus: How Intelligent People Can Create a Powerful Purpose for Their Lives

Isaiah Hankel

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**Isaiah Hankel : Black Hole Focus: How Intelligent People Can Create a Powerful Purpose for Their Lives** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Black Hole Focus: How Intelligent People Can Create a Powerful Purpose for Their Lives:

3 of 3 people found the following review helpful. If you are discontent with where you are in life, I would definitely

recommend this book. By Noel Youngblood This book has a lot of good information, case studies, and advice on how to get out of a rut and be successful in YOUR life; not trying to obtain someone else's ideal of success. It is a good read and I enjoyed Dr. Hankel's advice, stories, and examples very much. I did have problems with the pages on my Kindle App not aligning properly which I have not experienced with any other Kindle books and it was a bit frustrating while running. I also wish his editor would hire a better proof reader. Aside from those rather insignificant critiques, the content is definitely worth while. 58 of 59 people found the following review helpful. A book for getting unstuck... By rch Feeling stuck is a very common feeling. Stuck at a job. Stuck in a relationship. Stuck because of groupthink and nearsightedness. Headed down a path, not exactly sure how they got there, or how to change that course. As Hankel puts it in the book "Too miserable to move forward, too invested to turn around." As someone who has been in that situation before, I know that feeling trapped in a situation or bound by circumstances is one of the worst feelings ever. Black Hole Focus argues that the solution to this problem is not just figuring out WHAT we want to be, but WHO. Defining a purpose in life and working backwards to fulfill that purpose. The book lays out a strategy to finding this purpose in 3 sections:- The first section discussed why you need to actively find a purpose for your life- The second section lays out the process of transforming your current life so it is aligned with that purpose- The final section covers Hankel's strategies for keeping with your purpose in the face of adversity. Hankel draws heavily from his extended time in academia (which ultimately lead him to being hospitalized before the age of 30 due to kidney disease brought on by stressed-induced inflammation) as well as recent studies in psychology, physiology, and motivational theory to build upon his compelling thesis. This book is inspiring, it's honest, it's practical, it's based on real experiences and insights born from Hankel's NEED (medical and otherwise) for purpose. I ended up with a page of notes that called into question my purpose I felt was already well established. I recommend it to everyone, stuck or not. It will undoubtedly call your attention to larger questions which need your "black hole focus." 3 of 3 people found the following review helpful. Anyone who wants their life to have meaning should read this book. By Virginia Anderson I read this book as my daughter recommended it. Even though I am in my 50s I got great value from it. The author gave a great perspective on why it is important to have a purpose in life and I found it thought provoking. It has helped me to refocus my life easily as some of the things I worried about I have let go of. I can now see where I wasted my energy and time. It is not a read and forget type of book. After reading it you will easily spot little habits you have that pull you away from things that are important to you. With this awareness I have found myself much more focused on what I want out of my life. I enjoyed the fact the author used science when describing practical things we can do each day to give us an edge. It is a must read whether you are a business owner, professional, humanitarian, employee or student or just an everyday person looking to start something.

"...an absurdly motivating book." ndash; A.J. Jacobs, New York Times bestselling author Don't get stuck on a career path you have no passion for. Don't waste your intelligence on something that doesn't really mean anything more to you than a paycheck. Let Isaiah Hankel help you define a focus so powerful that everything in your life will be pulled towards it. Create your purpose and change your life. Be focused. Be fulfilled. Be successful. Black Hole Focus has been endorsed by top names in business, entrepreneurship, and academia, including 4 times New York Times bestseller AJ Jacobs and Harvard Medical School Postdoc Director Dr. Jim Gould. The book is broken up into 3 different sections; the first section shows you why you need a purpose in life, the second section shows you how to find your new purpose, and the third section shows you how to achieve your goals when facing adversity. In this book, you will learn: How to understand what you really want in life and how to get it Why people with a powerful purpose live to 100 How to rapidly improve focus and change your life using the secret techniques of an international memory champion How people like Jim Carrey, Oprah Winfrey, and J.K. Rowling transformed pain into purpose How to start a business by avoiding willpower depletion and the life hack lie Black Hole Focus includes exclusive case studies from medical practitioners, research scientists, lawyers, corporate executives and small business owners who have used the techniques described in this book to achieve massive success in their own lives. nbsp; About the Author: Dr. Hankel is an internationally recognized expert in the biotechnology industry and prolific public speaker. He's given over 250 seminars in 22 different countries while working with many of the world's most respected companies and institutions, including Harvard University, Oxford University, Roche Pharmaceuticals, Eli Lilly Company, Baxter International and Pfizer. Dr. Hankel uses the science of purpose and the principles of entrepreneurship to help people achieve their biggest goals. nbsp;

?Black Hole Focus is a wake up call for anyone who feels stuck, distracted, or lost in their own life. Isaiah lays out very actionable steps for taking control of your future and setting yourself up for certain victory. This book will show you how to think like an entrepreneur and develop the mindset necessary for achieving your biggest dreams.? -Lewis Howes, Former Professional Football Player and Host of The School Of Greatness ?Be careful if you read this book. Through interesting stories, compelling case studies and his own inspiring journey, Hankel demolishes your excuses and lays out a plan to identify and fulfil your life's purpose.? -Clay Hebert, Founder of Crowdfunding Hacks and Spindows; The mastermind behind over 35 successful kickstarters ?Black Hole Focus is your road map to

transformation in ways most have never even dared to dream. If you want to go from merely living a life to becoming the hero in your own adventure, start here. Hankel's words jump off the page, swat you on the backside, pierce your heart, and take you on a ride into a magical journey of your own design! Brilliant in its brunt, dazzling in its denouement, triumphant in its precision, this is one of the most important books you will ever read. Prepare to be transformed!?" -Dr. Gina Loudon, Fox News Contributor and Syndicated Host of SmartLife; Author of Ladies and Gentleman: Why the Survival of our Republic Depends on the Revival of Honor "As a memory champion, I realize just how important it is to harness your mental energy and focus it in a way that helps you to achieve your goals. I'm very impressed with Black Hole Focus and strongly believe that it can help you learn to harness your mental energy and focus it like a laser in order to achieve incredible success in business and personal endeavours." -Chester Santos, U.S. Memory Champion; "The International Man of Memory?" "A brilliantly written step-by-step process to help you learn what you really want in life and exactly how to get it. Read this book if you want to get focused, find your purpose and change your life." -Jacqueline Biggs, Author of international bestseller Marketing to Win "Black Hole Focus is a wake up call for anyone who feels stuck, distracted, or lost in their own life. Isaiah lays out very actionable steps for taking control of your future and setting yourself up for certain victory. This book will show you how to think like an entrepreneur and develop the mindset necessary for achieving your biggest dreams." -Lewis Howes, Former Professional Football Player and Host of The School Of Greatness "Be careful if you read this book. Through interesting stories, compelling case studies and his own inspiring journey, Hankel demolishes your excuses and lays out a plan to identify and fulfil your life's purpose." -Clay Hebert, Founder of Crowdfunding Hacks and Spindows; The mastermind behind over 35 successful kickstarters "Black Hole Focus is your road map to transformation in ways most have never even dared to dream. "If you want to go from merely living a life to becoming the hero in your own adventure, start here. Hankel's words jump off the page, swat you on the backside, pierce your heart, and take you on a ride into a magical journey of your own design! Brilliant in its brunt, dazzling in its denouement, triumphant in its precision, this is one of the most important books you will ever read. Prepare to be transformed!" -Dr. Gina Loudon, Fox News Contributor and Syndicated Host of SmartLife; Author of Ladies and Gentleman: Why the Survival of our Republic Depends on the Revival of Honor "As a memory champion, I realize just how important it is to harness your mental energy and focus it in a way that helps you to achieve your goals. "I'm very impressed with Black Hole Focus and strongly believe that it can help you learn to harness your mental energy and focus it like a laser in order to achieve incredible success in business and personal endeavours." -Chester Santos, U.S. Memory Champion; "The International Man of Memory" "A brilliantly written step-by-step process to help you learn what you really want in life and exactly how to get it. Read this book if you want to get focused, find your purpose and change your life." -Jacqueline Biggs, Author of international bestseller Marketing to Win " "From the Back Cover Create your purpose. "Change your life. Don't get stuck on a path you have no passion for. Don't waste your intelligence on something that doesn't excite or motivate you. Let Isaiah Hankel help you design a focus so powerful that everything in your life will be pulled towards it. Be focused. Be fulfilled. Be successful. It's time to take control and think about your strategy for life. Whatever experience or qualifications you have right now, you can start living purposefully today. Doctor and Fortune 500 consultant Isaiah Hankel is an internationally recognized expert in the biotechnology industry and specializes in helping people transition out of unfulfilling jobs into cutting-edge career tracks. In Black Hole Focus, Isaiah shows you how to hone your purpose so that everything you do stays true to that ultimate focus. You will discover why you need a purpose, how to find it and the crucially how to fulfill that purpose and get all that you deserve in life. Learn from exclusive case studies from medical practitioners, research scientists, lawyers, corporate executives and small business owners who have used Isaiah's techniques to achieve massive success in their own lives. Escape the things you hate in life "and get everything you've ever wanted. "Provides practical, and more importantly, actionable advice on how to reach our most important goals while consistently achieving lifelong career and personal satisfaction." "James Gould, PhD, Director, Harvard Medical School Office for Postdoctoral Fellows "A wake-up call for anyone who feels stuck, distracted, or lost in their own life." "Lewis Howes, Former Professional Football Player and Host of The School of Greatness