



Power of Concentration, Part Three: Create the Life You Want, A Hampton Roads Collection

Theron Q. Dumont, Mina Parker

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Mina Parker, tireless mom and author of *365 Excuse Me ...* (inspired by the late Lynn Grabhorn), introduces the new Hampton Roads Collection of motivational classics. These affordable digital shorts will help the harried and the hurried to breathe deep, reassess, and re-purpose their day in the time it takes to drink a large latte.

Wouldn't we all love to harness the power of concentration? The third of the five lessons from Dumont's classic is excellent in helping you do just that. Filled with practical advice, much of it surprisingly fresh and relevant, as well as aphorisms and stories, these early writings provide reassurance that our thoughts can change our life, our intentions can build our resources and create opportunity, and no matter what corner we find ourselves in we can always burst through doors we thought locked.

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