

پی‌نوشت‌ها

کتاب مدیریت توجه

راهکارهایی برای افزایش تمرکز
و به دست گرفتن کنترل زندگی



نیرایال با همکاری جولی لی

ترجمهٔ سمیه قوامی نژاد



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