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Subject: Sounds that Help You Focus

Posted by [Souldude](#) on Fri, 05 Feb 2021 16:33:40 GMT

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I've been uneasy and have trouble focusing on one task at a time because it seems like everything is within reach. Sometimes I would listen to chill music in an effort to ease my mind. Classical music helps me to focus too but some of it just ends up disturbing me. Maybe I shouldn't listen to it while doing my work. What kind of music helps you relax?

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