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Subject: Re: Sounds that Help You Focus  
Posted by [penguin89](#) on Mon, 08 Feb 2021 04:22:17 GMT  
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I prefer things quiet too. If I split my attention too much, then I can't focus on anything. If I'm doing something mindless, like knitting or washing dishes, listening to something isn't a big deal. But if I'm trying to write or read, then I need quiet.

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