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Quick Focus is a Charm in Hollow Knight. It makes focusing SOUL twice as fast.

Usefulness. Allows the Knight to cast FOCUS twice as fast, though the startup "bowing" animation remains the same speed. Though the charm is costly, it makes healing in the middle of combat much more forgiving.

Quick Focus | Hollow Knight Wiki | Fandom
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that you need to pick up to embark on streamlining your life without added stress and work.

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1. Create A Comfortable Workspace. First, to focus on work better, improve the ergonomics of where you want to boost your concentration. Make sure your desk and chair are at a comfortable height so you don't strain your back. Often a simple thing such as a small cushion or a rolled-up towel to support your lower back is enough to fend off that back soreness interrupting your workflow.

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