

Patrick McAndrew

Productivity Expert, Attention Strategist, Founder of HARA

The Productivity Paradox Rethinking Human Performance in the Digital Age Patrick McAndrew empowers professionals to escape the “Productivity Paradox” – the illusion that being busy equals making progress. He provides practical tools for self-mastery, enabling individuals to reclaim focus, boost productivity, and achieve extraordinary results in a world of constant distractions.

The Age of Wisdom Finding Your Authentic Value in a Data-Driven World

The Internal Game In a World of Chaos, Be the Calm