



# Focus: Best Ways To Improve Your Concentration and Improve Your Learning

By David Hewitt

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**Focus: Best Ways To Improve Your Concentration and Improve Your Learning** By David Hewitt

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#### **About the Author**

David Hewitt is a solicitor and a partner in Weightmans LLP. He was a member of the Mental Health Act Commission for nine years and now holds visiting fellowships at Northumbria University and Lincoln University. He is a President of Mental Health Review Tribunals and sits on the editorial board of The Journal of Mental Health Law. He appeared as a witness before the joint Parliamentary committee on the draft Mental Health Bill of 2004.

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