



## Rapt: Attention and the Focused Life

By Winifred Gallagher

BRILLIANCE AUDIO, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Your world, and even your self, is largely constructed from the thoughts and feelings, people and things you've focused on throughout your life. Much more than you probably suspect, you can, as you move forward, actively direct your attention to create the kind of experience you want and become the person you want to be. Drawing from the latest research in neuroscience and psychology, Rapt illuminates attention's essential function: transforming the vast, chaotic world into your own orderly, user-friendly personal version. Your brain's selective gatekeeper, it's involved in virtually every aspect of life learning and memory, thought and emotion, work and relationships. As the expression paying attention suggests, you have a limited store of this cognitive currency, which you should invest wisely, because the stakes are high. On the deepest level, what you focus on can literally change your brain, and thus your behavior. On the experiential level, taking charge of your attention is the key to personal power and freedom and the hallmark of the successful and satisfied. Along with organizing your internal and external worlds, attention opens the doors to the sublime...



**READ ONLINE**  
[ 5.73 MB ]

### Reviews

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

-- **Prof. Kirk Cruickshank DDS**

*This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.*

-- **Justus Hettinger**

## Relevant Kindle Books



### **The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy**

BRILLIANCE AUDIO, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. For readers who made David Allen s Getting Things Done a perennial bestseller, a fresh and entertaining exploration of a topic that concerns just about everyone over the course of...



### **Retire Happy and Free: Have the Money You Need, Secure Your Financial Future and Do the Things You Love (Paperback)**

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Whether we like to admit it or not, we all think about retirement. But I have enough money to live a comfortable life? Will...



### **Strategic Acceleration: Succeed at the Speed of Life**

BRILLIANCE AUDIO, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. In today s ultra-competitive world, getting superior results at the fastest rate possible is critical to success. But the speed of life can sidetrack us, cloud our sense of priority,...



### **Business Is the People People Are the Business: Break One and the Other Will Break, How Ethics and Etiquette Protect Both (Paperback)**

iUniverse, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In today s business world, competition is fierce and appears from every corner of the globe. But the key factor in success for any business...



### **Your Amazing Itty Bitty Concussion Book: 15 Things You Should Know about Brain Injuries**

Suzy Prudden, 2016. PAP. Condition: New. New Book. Delivered from our UK warehouse in 4 to 14 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.



### **Creating the Accountable Organization: A Practical Guide to Improve Performance Execution**

PHI Learning 0. Softcover. Condition: New. First edition. Who This Book Is For: Leaders and change agents at any level within an organization who are ready to move to the next level of excellence and success; those who are stuck in a...