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Rapt Attention And The Focused

A revolutionary look at how what we pay attention to determines how we experience life Acclaimed behavioral science writer Winifred Gallagher's Rapt makes the radical argument that much of the quality of your life depends not on fame or fortune, beauty or brains, fate or coincidence, but on what you choose to pay attention to. Rapt introduces a diverse cast of characters, from researchers to ...

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Rapt: Attention and the Focused Life

Rapt caught my attention after reading an excerpt in the Utne Reader. The thesis was pretty straightforward what you focus on determines your experience of life. I was intrigued because I had always struggled with paying quality attention to my children, ostensibly the focus of my work as a stay-at-home mother.

[Book] Rapt Attention And The Focused Life Winifred Gallagher

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Your life is the creation of what you focus on-and what you ... Rapt: Attention and the Focused Life
Microsoft ... it might be time to re-examine the role of focused attention in the ...

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Rapt : attention and the focused life / Winifred Gallagher.

I have been reading Winifred Gallagher ' s 2009 book “ RAPT: Attention and the focused life. ” In many of
my blog posts I maintain that Interactive Metronome (IM) training requires controlled attention—focus. I
have further suggested that “ on demand focus ” is a potentially powerful tool. By this I mean one wants to
train your brain to invoke focused attention when facing cognitively ...

RAPT: Attention and focus - Interactive Metronome

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Summary. A revolutionary look at how what we pay attention to determines how we experience life
Acclaimed behavioral science writer Winifred Gallagher's Rapt makes the radical argument that much of the
quality of your life depends not on fame or fortune, beauty or brains, fate or coincidence, but on what you
choose to pay attention to.

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13 quotes from Rapt: Attention and the Focused Life: ‘ Temperamentally anxious people can have a hard
time staying motivated, period, because their intens...

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