

[PDF] Focus: The Hidden Driver Of Excellence

Daniel Goleman - pdf download free book

Books Details:

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Author: Daniel Goleman

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Description:

Review Sure to provoke oodles of debate about declining attention spans in the young Bookseller A well-written and practical guide to the emotions Financial Times, praise for Emotional Intelligence

From the Back Cover

The author of the international bestseller Emotional Intelligence returns with a groundbreaking look at today's scarcest resource and the secret to high performance and fulfillment: attention.

For more than two decades, psychologist and journalist Daniel Goleman has been scouting the leading edge of the human sciences for what's new, surprising, and important. In Focus, he delves

into the science of attention in all its varieties, presenting a long-overdue discussion of this little-noticed and underrated mental asset that matters enormously for how we navigate life. Attention works much like a muscle: use it poorly and it can wither; work it well and it grows. In an era of unstoppable distractions, Goleman persuasively argues that now more than ever we must learn to sharpen focus if we are to contend with, let alone thrive in, a complex world.

Goleman analyzes attention research as a threesome: inner, other, and outer focus. A well-lived life demands that we be nimble at each. Goleman shows why high-performers need all three kinds of focus, as demonstrated by rich case studies from fields as diverse as competitive sports, education, the arts, and business. Those who excel rely on what Goleman calls smart practice—such as mindfulness meditation, focused preparation and recovery from setbacks, continued attention to the learning curve, and positive emotions and connections—that help them improve habits, add new skills, and sustain excellence. Combining cutting-edge research with practical findings, *Focus* reveals what distinguishes experts from amateurs and stars from average performers. Ultimately, *Focus* calls upon readers not only to pay attention to what matters most to them personally, but also to turn their attention to the pressing problems of the wider world, to the powerless and the poor, and to the future, not just to the seductively simple demands of the here and now.

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