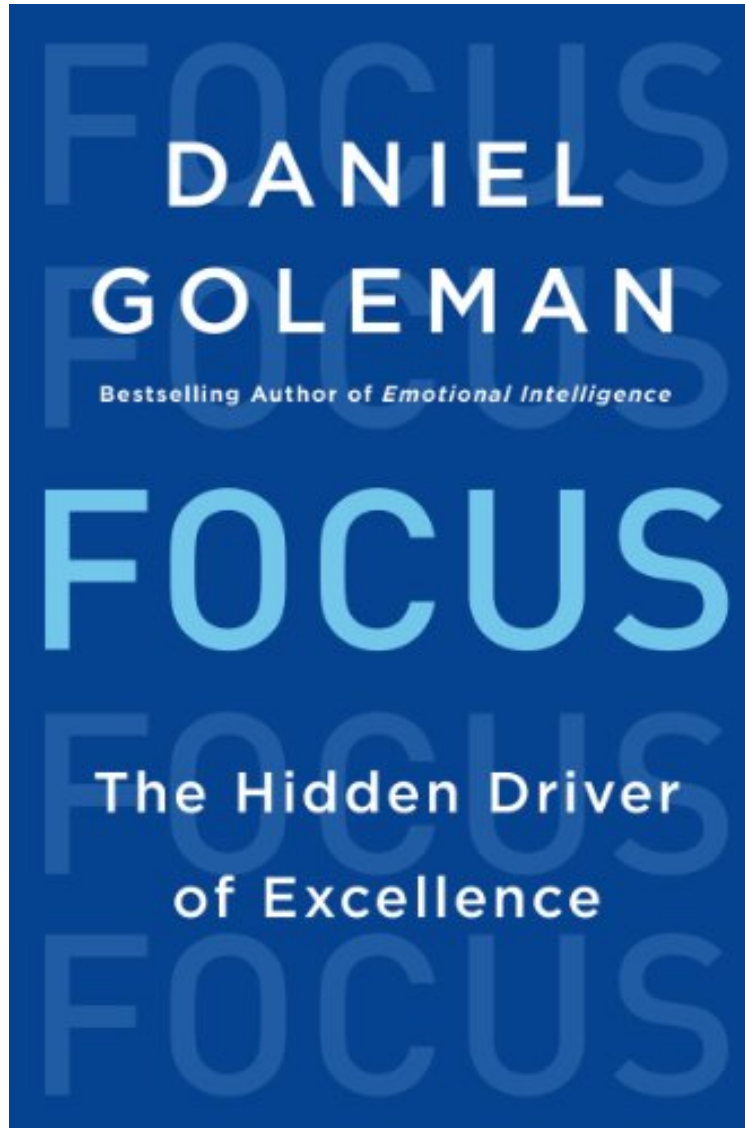


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Focus: The Hidden Driver of Excellence

Daniel Goleman

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Daniel Goleman : Focus: The Hidden Driver of Excellence before purchasing it in order to gage whether or not it would be worth my time, and all praised Focus: The Hidden Driver of Excellence:

3 of 3 people found the following review helpful. Mental Candy.By Bruna MartinuzziDaniel Goleman does it again. What he did for emotional intelligence, he is now doing for another important topic: focusing. He explains what it is, from a scientific point of view, and how we can all be better at it. As with all other Goleman books, there is a depth of research here. He cites many studies and opens up other avenues for the reader. This is a very practical book: whether you are a leader, a teacher, or a parent, for example, you will find useful advice here on how to focus. We can all benefit from this book. There are also engaging stories, references to a wealth of books and articles that I now want to

read, and many interesting metaphors such as "Emotional aperture;" this is the ability to perceive subtle cues in a group, which operates a bit like a camera. We can zoom in to focus on one person's feelings, as the author says, or zoom out to take in the collective-- whether a classroom or a work group. There are also refreshing turns of phrases, such as a saying that "When a pickpocket meets a saint, all he sees are the pockets." Well worth reading. 2 of 2 people found the following review helpful. Emotional Intelligence, Social Intelligence and Other Intelligence (work) all rolled into one book WOW By Toni Yes; Feelings slow us down to get the 'job' done... However to feel connected to the human race we humans need to admit our we need feelings so we may deal with them and help others understand why we do what we do. Ha... You say "who cares" Well, empathy; Taking the time to really understand how someone is hurting or feeling joy creates a healthy work atmosphere so we can help each other be are best. In practical terms studies show that Doctors that connect (sympathetic look, or asking questions, how is your ...) with their patients are less likely to get sued. I am sure this is true of other professions. This book explains how our 'first' brain (which is created in the womb first.. before the Grey matter (the new or second brain... we think of as our brain which develops second)... This first brain is what makes a sports athlete #1. The number of repetitions done becomes automatic which is important for the "quarterback, tennis champ, baseball player etc because as soon as we THINK of how we SHOULD do something we use our grey matter brain and most likely flub up. 0 of 0 people found the following review helpful. ESPECIALLY recommend this book for all teachers and any parents of ADD children By Marty in NCThe best part of "Focus" is the information on the success rates in later life of children who had learned early in life to focus, and the exercises and techniques that they used to learn how to calm down and focus . I know many ADHD children and adults. Some adults were successful in overcoming their inborn lack of focus (including doctors and engineers), and some not. Teaching my own children to overcome compulsiveness was challenging. I found the ideas and research fascinating. There is a lot of right-brain/left-brain management required. I agree and laughed with the reviewer who pointed out that for a book on Focus, this book wanders. To be honest I didn't take time think through how I might have re-organized the presentation for better results -- so maybe it could be better organized and maybe not. Nonetheless, the approach to the subject was still interesting and the vignettes on point and instructive. I ESPECIALLY recommend this book for all teachers and any parents of ADD children. However, I also recommend it to all readers. I will be looking at this author's other works.

In Focus, Psychologist and journalist Daniel Goleman, author of the #1 international bestseller Emotional Intelligence, offers a groundbreaking look at today's scarce resource and the secret to high performance and fulfillment: attention. Combining cutting-edge research with practical findings, Focus delves into the science of attention in all its varieties, presenting a long overdue discussion of this little-noticed and under-rated mental asset. In an era of unstoppable distractions, Goleman persuasively argues that now more than ever we must learn to sharpen focus if we are to survive in a complex world. Goleman boils down attention research into a threesome: inner, other, and outer focus. Drawing on rich case studies from fields as diverse as competitive sports, education, the arts, and business, he shows why high-achievers need all three kinds of focus, and explains how those who rely on Smart Practices--mindfulness meditation, focused preparation and recovery, positive emotions and connections, and mental "prosthetics" that help them improve habits, add new skills, and sustain greatness--excel while others do not.

From Booklist Attention is a "little-noticed and underrated mental asset," sorely tested among modern distractions but essential to success in work, play, relationships, and self-awareness, asserts Goleman, psychologist, journalist, and author of Emotional Intelligence (1995). In fact, the ability to focus, more than IQ or social background, is the key to performance and success. Neuroscience, case studies, and personal experience contribute to Goleman's exploration of focus, which includes concentration, selective attention, open awareness, self-awareness, empathy, and systems awareness. He breaks them down to inner, other, and outer focus. Among examples of the significance of focus: a doctor's ability to shut down emotions to focus on gory medical procedures; an epidemiologist's attention to patterns and systems to track the human connections that lead to global pandemics; and a gamer's focus on spatial perception, decision making, and ability to track objects. In commerce, education, sports, and personal life, Goleman offers concepts and techniques, including mindfulness and meditation, to train ourselves to be more focused, exercising those areas of the brain involved in focusing attention. An engaging, wide-ranging look at attention and intelligence. --Vanessa Bush "Daniel Goleman has surpassed himself in the breadth, depth, and readability of this fascinating meditation on what is most important for human, organizational, and planetary flourishing. Focus shows us how to go about paying attention in all the ways that really matter." (Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction and author of Mindfulness for Beginners Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction and author of Mindfulness for Beginners Jon Kabat-Zinn, founder of Mindfulness-Based St) "With compelling insights, wide-ranging examples, and cutting-edge science, Daniel Goleman makes the convincing case that the ability to focus is a key to excellence, in both our personal and professional lives--and also explains how to boost that focus." (Gretchen Rubin, bestselling author of The

Happiness Project)ldquo;Daniel Goleman has written the perfect prescription for today's deficit of attention in business and life....Highly recommended!rdquo; (Chip Conley, founder of Joie de Vivre Hospitality and author of Peak and Emotional Equations)ldquo;Goleman has provided a highly readable manifesto for turning our smartphones off once in a while.rdquo; (Financial Times)ldquo;I've been studying attention for more than a decade, but I learned something new on every page of Focus. It is a powerful guide for taking control of our attention and will lead you to nothing less than taking control of your life.rdquo; (Tony Schwartz, author of The Power of Full Engagement and CEO of The Energy Project)ldquo;Attention is so important that ordinary people take it for granted, while scientists subject it to microanalysis. Steering deftly between these extremes, Dan Goleman synthesizes what is known and what we need to know.rdquo; (Howard Gardner, John H. and Elisabeth A. Hobbs Professor of Cognition and Education at the Harvard Graduate School of Education Howard Gardner, John H. and Elisabeth A. Hobbs Professor of Cognition and Education at the Harvard Graduate School of Educati)From the Back CoverThe 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 practicemdash;such as mindfulness meditation, focused preparation and recovery from setbacks, continued attention to the learning curve, and positive emotions and connectionsmdash;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.