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## Focus: The Hidden Driver of Excellence

By Goleman, Daniel.

Bloomsbury. 1 Cloth(s), 2013. hard. Book Condition: New. Well known for such books as Emotional Intelligence, Social Intelligence, and Ecological Intelligence, psychologist and former New York Times science journalist Daniel Goleman here delves into the science of attention, in all its varieties. Goleman argues that this little-noticed and under-rated mental asset matters enormously for how we navigate life. He boils down attention research into three parts: inner, other, and outer focus and explains why high achievers need all three kinds, as demonstrated by case studies from fields as diverse as competitive sports, education, the arts, and business. Goleman also describes what he calls Smart Practices, including mindfulness meditation, focused preparation and recovery, positive emotions and connections, and mental "prosthetics" that help them improve habits, add new skills, and sustain excellence. "[In] our age of rampant distraction, Goleman says both focused attention and mind-wandering are necessary for well-balanced, insightful brains. This is a riveting read." Irish Examiner 312.



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### Reviews

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