

[PDF] Focus CD

Daniel Goleman - pdf download free book

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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.

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