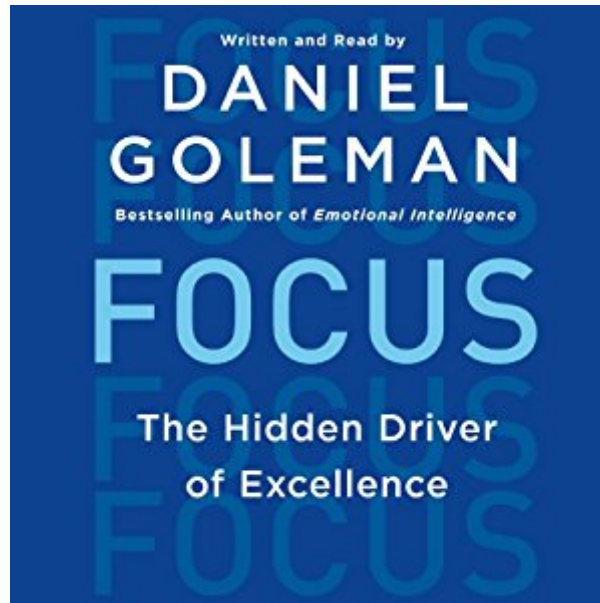


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# Focus: The Hidden Driver Of Excellence



## Synopsis

In *Focus*, Psychologist and journalist Daniel Goleman, author of the #1 international best-seller *Emotional Intelligence*, offers a groundbreaking look at today's scarcest 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.

## Book Information

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## Customer Reviews

The book is well written with every chapter peppered with amusing examples and stories making it an interesting read. Most of us will agree that we are deluged by interruptions and distractions every step of the way. Be it the Email, or IM or text. Multiply by a factor of ten or hundred to see the interruptions a teenager faces. If any one had any doubt about the impact it is having on each one of us and the society as a whole, the book settles the issue. But wait, how do I increase my focus

?Do I do Yoga? . How do I effectively increase my focus while juggling between office work, Kids , pickup and drop off at school, Homework, Baseball,Watching NBA, America's Got Talent, shopping for Milk . Yes, superficial advice in the book like "walk in the nature" are good but they are not silver bullets. (Smart games > oh yeah, my kid will love it to improve Focus as he spends hours on it) The entire book reflects one side of the coin with no real solutions to improve focus. There are chapters on "Well focused Leader" .. It is a fact that the leaders get all the help, best training programs with or without reading the book...It is a common man like you and me who needs help .The book would be a 4 star if it was written by anyone other than Goleman,but the benchmark set by him for himself in Emotional Intelligence: 10th Anniversary Edition makes me give this book three stars. Well, don't be disappointed.

In part this book is aimed at helping readers become better at what they do. In this sense "Focus" is a sophisticated self-help book. Love what you do, do what you love and do it with focus and deliberate (and smart) practice and your life will be more rewarding.In a larger sense this book is about saving the planet from the catastrophic threat of systems breakdown with reference to pollution, soil depletion and erosion, habitat destruction, global warming, etc.The book is organized into seven parts. In the first, "The Anatomy of Attention," Goleman presents his ideas about "top-down" and "bottom up" drivers of behavior and how focus leads to "flow" which is "full absorption" in what we do. He makes a distinction between our attention being "hijacked" which leads to negative outcomes and our attention being deliberately allowed to drift, which leads to creative ideas. We find "balance" when we live our lives in harmony with periods of intense focus (but without undue stress) followed by periods of creative drift.Goleman sees bottom-up drivers as coming from our more primitive brain modules and top down drivers as coming from the so-called higher brain modules such as the neocortex. These two systems must work in harmony for us to be successful and for us to be able to find and manage sustainable systems for the planet.In Part II "Self-Aware" Goleman guides the reader toward seeing ourselves as others see us and gives a "recipe for self-control."Part III "Reading Others" is mainly about what Goleman calls "The Empathy Triad," that is, three ways of being empathetic. Empathy comes from within ourselves and is partly the result of mirror neurons which allow us to feel what others are feeling.

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