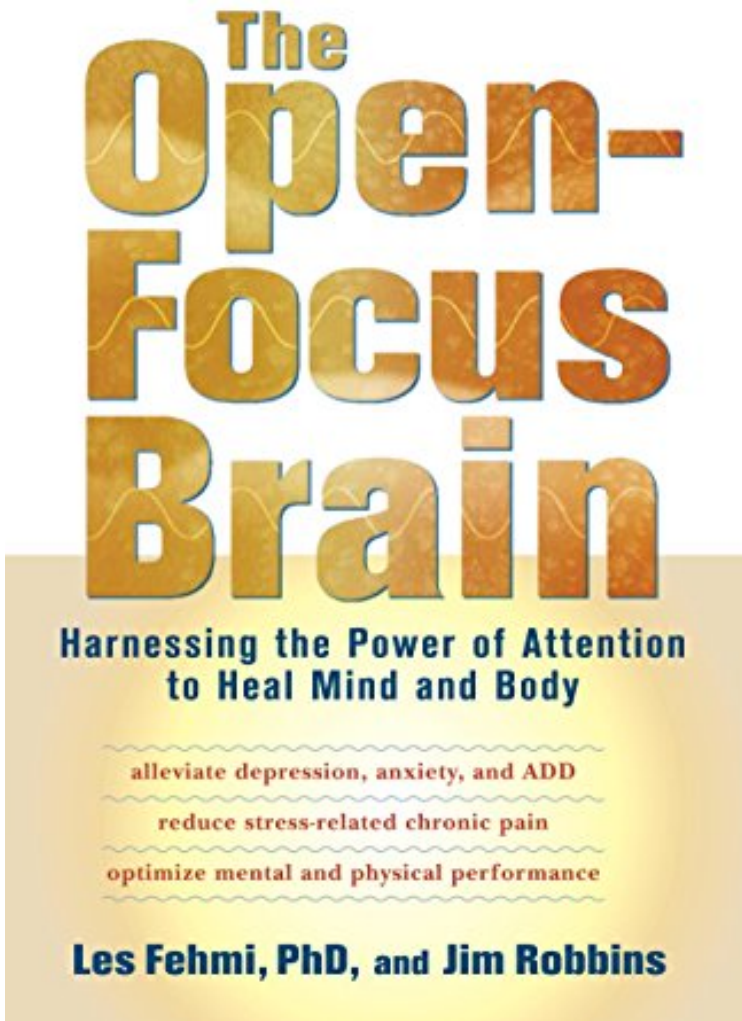


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# The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body

"The techniques described in this book can make life fuller, more enjoyable, and more productive." —Andrew Weil, MD



*Par Les Fehmi, Jim Robbins*  
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## Description :

Prsentation de l'diteurThis breakthrough book presents a disarmingly simple idea: The way we pay attention in daily life can play a critical role in our health and well-being. According to Dr. Les Fehmi, a clinical psychologist and researcher, many of us have become stuck in "narrow-focus attention": a tense, constricted, survival mode of attention that holds us in a state of chronic stressand which lies at the root of common ailments including anxiety, depression, ADD, stress-related migraines, and more. To improve these conditions, Dr. Fehmi explains that we must learn to return to a relaxed, diffuse, and creative form of

attention, which he calls "Open Focus." This highly readable and empowering book offers straightforward explanations and simple exercises on how to shift into a more calm, open style of attention that reduces stress, improves health, and enhances performance. The Open-Focus Brain features eight essential attention exercises for improving health. Dr. Fehmi writes, "Everyone has the ability to heal their nervous systems, to dissolve their pain, to slow down and yet accomplish more, to experience the deeper side of life in short, to change their lives for the better dramatically." At last readers can learn the techniques that Dr. Fehmi has offered to thousands of clients: the same drug-free, safe, and effective techniques that have led to remarkable and long-lasting results. The Open-Focus Brain offers readers a revolutionary, drug-free way to: alleviate depression, anxiety, and ADD; reduce stress-related chronic pain; optimize mental and physical performance. The eBook includes a downloadable audio program that provides further guidance on: essential attention exercises from the book, led by Dr. Fehmi; how to "train the brain" to reduce stress, anxiety, chronic pain, and more; safe and effective techniques used in Dr. Fehmi's clinic for decades.

Revue de presse "These mental techniques help you to experience your body and even your heart in a new way. Fehmi grounds his plan in research and patient anecdotes showing the techniques can reduce pain and improve relationships and athletic performance." Publishers Weekly "Fehmi and award-winning science writer and journalist Robbins present a convincing argument for the effectiveness of neurofeedback in a self-help format for those who want to try the techniques. . . . This well-written book will be of interest to anyone in the alternative healing community." Library Journal The concept of open-focused attention is useful and powerful. The authors of this practical and readable book explain what it is and teach you how to develop it. The techniques described in this book can make life fuller, more enjoyable, and more productive. I recommend it. Andrew Weil, MD, author of Healthy Aging Dr. Fehmi taught me the power of cultivating full, relaxed attention in sports. I've used his Open Focus techniques in my work with NFL players, and I've shared this knowledge with other athletes and coaches. The attention exercises he teaches are applicable across all disciplines. I encourage you to read this book and apply it to your field of work or play. Bob Ward, Director of Sports Science, former conditioning coach for the Dallas Cowboys Based on thirty-plus years of research and professional experience, this book reveals a startling truth: how you deploy your attention in your daily life is centrally important for your mental and physical health. It also describes a breakthrough methodology for overcoming depression, anxiety, and other hard-to-manage emotional states. As a colleague of Dr. Fehmi from the earliest days of brainwave-biofeedback research, I can trust the credibility of his reports. He is a creative and critical thinker in the field. I heartily recommend this book. Joe Kamiya, PhD, research psychologist at Langley Porter Institute of Psychiatry Presentation de l'auteur This breakthrough book presents a disarmingly simple idea: The way we pay attention in daily life can play a critical role in our health and well-being. According to Dr. Les Fehmi, a clinical psychologist and researcher, many of us have become stuck in "narrow-focus attention": a tense, constricted, survival mode of attention that holds us in a state of chronic stress and which lies at the root of common ailments including anxiety, depression, ADD, stress-related migraines, and more. To improve these conditions, Dr. Fehmi explains that we must learn to return to a relaxed, diffuse, and creative form of attention, which he calls "Open Focus." This highly readable and empowering book offers straightforward explanations and simple exercises on how to shift into a more calm, open style of attention that reduces stress, improves health, and enhances performance. The Open-Focus Brain features eight essential attention exercises for improving health. Dr. Fehmi writes, "Everyone has the ability to heal their nervous systems, to dissolve their pain, to slow down and yet accomplish more, to experience the deeper side of life in short, to change their lives for the better dramatically." At last readers can learn the techniques that Dr. Fehmi has offered to thousands of clients: the same drug-free, safe, and effective techniques that have led to remarkable and long-lasting results. The Open-Focus Brain offers readers a revolutionary, drug-free way to: alleviate depression, anxiety, and ADD; reduce stress-related chronic pain; optimize mental and physical performance. The eBook includes a downloadable audio program that provides further guidance on: essential attention exercises from the book, led by Dr. Fehmi; how to "train the brain" to reduce stress, anxiety, chronic pain, and more; safe and effective techniques used in Dr. Fehmi's clinic for decades.