

Rapt Attention And The Focused Life

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Rapt Attention And The Focused

Acclaimed behavioral science writer Winifred Gallagher's Rapt makes the radical argument that much of the quality of your life depends not on fame or fortune, beauty or brains, fate or coincidence, but on what you choose to pay attention to. Rapt introduces a diverse cast of characters, from researchers to artists to ranchers, to illustrate the art of living the interested life. As their stories show, by focusing on the most positive and productive elements of any situation, you can shape ...

Rapt: Attention and the Focused Life: Gallagher, Winifred

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Rapt: Attention and the Focused Life. In Rapt, acclaimed behavioral science writer Winifred Gallagher makes the radical

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argument that the quality of your life largely depends on what you choose to pay attention to and how you choose to do it. Gallagher grapples with provocative questions—Can we train our fo.

Rapt: Attention and the Focused Life by Winifred Gallagher

Paying rapt attention whether to a trout stream or a novel , a do it yourself project or a prayer, increases your capacity for concentration, expands your inner boundaries and lifts your spirits, but more important simply makes you feel that life is worth living.” The above quotes encompass the thesis of this book.

Rapt: Attention and the Focused Life - Kindle edition by

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makes the radical argument that much of the quality of your life depends not on fame or fortune, beauty or brains, fate or coincidence, but on what you choose to pay attention to. Rapt introduces a diverse cast of characters, from researchers to artists to ranchers, to illustrate the art of living the interested life. As their stories show, by focusing on the most positive and productive elements of any situation, you can shape ...

Rapt: Attention and the Focused Life by Winifred Gallagher ...

"Rapt" is about living a better life through directing our attention, in various forms and on various levels. It's aptly labeled as "psychology/self-help." Gallagher strings together different studies to lead the reader through various ways they could improve their lives, but never explicitly labeling various behaviors as rules or tips.

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Rapt: Attention and the Focused Life by Winifred Gallagher ...

Winifred Gallagher 's books include Rapt: Attention and the Focused Life, House Thinking, Just the Way You Are (a New York Times Notable Book), Working on God, and The Power of Place. She has...

Rapt: Attention and the Focused Life - Winifred Gallagher ...

Common wisdom aside, attention research is full of surprises. Focusing on upbeat emotions such as hope and kindness literally, not just figuratively, expands your world, just as dwelling on negative feelings shrinks it. Contrary to the

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messages from our wired, workaholic culture, multitasking is a myth.

Rapt: Attention and the Focused Life | Winifred Gallagher

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RAPT is on target in confirming the link between controlled attentional focus and some forms of meditation. Achieving intense focus or flow-like states can enhance cognitive performance, and perhaps (as the author suggests) a more rewarding life.

RAPT: Attention and focus - Interactive Metronome

Many behavioral economists and social psychologists also share his concern about what he calls "the consequences of mis-attention." — Winifred Gallagher, Rapt: Attention and the Focused Life

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Rapt Quotes by Winifred Gallagher - Goodreads

A revolutionary look at how what we pay attention to determines how we experience life Acclaimed behavioral science writer Winifred Gallagher's Rapt makes the radical argument that much of the...

Rapt: Attention and the Focused Life - Winifred Gallagher

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On very rare occasions I finish reading a book which I know I will return to more than once, and Winifred Gallagher's "Rapt: Attention and the Focused Life" is one of these. Her central thesis is that in order to make the most of life and what you do during it, the quality of experience is based on how you attend to what you are doing, thinking and being.

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A revolutionary look at how what we pay attention to determines how we experience life Acclaimed behavioral science writer Winifred Gallagher's Rapt makes the radical argument that much of the quality of your life depends not on fame or fortune, beauty or brains, fate or coincidence, but on what you choose to pay attention to.

Summaries and Excerpts: Rapt : attention and the focused ...

Rapt | Your world, and even your self, is largely constructed from the thoughts and feelings, people and things you've focused on throughout your life. Much more than you probably suspect, you can, as you move forward, actively direct your attention to

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create the kind of experience you want and become the person you want to be.

Rapt : Attention and the Focused Life by Winifred ...

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Rapt: Attention and the Focused Life (Paperback) | Porter ...

Just thinking about paying attention affects your brain, revving it up for the actual experience. Depending on how the competition for your attention is biased, whether by you or your neurons, you can have very different experiences of the same scene. All day

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long, you focus on what seems most important and suppress what doesn't.

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