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The Open-Focus Life **Focus Life Sciences Building & Redirecting Your Focus** **Open Focus Aufmerksamkeits-Training** *Focus The Power of Truth* **Focus The Focused Life and Other Devotions for Church Groups** The Ultimate Focus Strategy **Focus on Federal Employee Health and Assistance Programs** **Focus On: 100 Most Popular Fantasy Anime and Manga Focus Groups** Manage Stress & Anxiety and Improve Your Mental Focus (Tips & Hints) Focus **Focus on Christ Religions in Focus** *Calm My Anxious Heart High Level Words (1543 +) to Focus in a Digital World The Open-Focus Brain Focus FOCUS on College and Career Success* **Rapt Focus Life Orientation** *Organizational Psychology* **The Practicing Mind Fully In Focus Finding Your Leadership** **Focus Hyperfocus** **Focus on Life Science** *The 7 Minute Solution Real Focus* **Focus on the Good Stuff** Digitaler Minimalismus **Focus on Prayer A Practical Guide to Stage Lighting Third Edition** **Liber Null & Psychonautik Love Focused** #Goals **Focus on John Konzentriert arbeiten** Power Hour

Love Focused Oct 22 2019
Special Internet Price for Three
Copies or More Love Focused
will help you discover a very
different approach to life and
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God that makes living in a
difficult world satisfying and
successful. It describes a model
for living that frees you to
enjoy a better life without
having to change your control
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your world. And most importantly, Love Focused will help you succeed at the two things God says are most important: loving God and loving others. If you think about it, we are all working hard at trying to get things to turn out a certain way. But unknowingly, this unbiblical, Outcome Focused approach to life is actually the cause of much of our frustration, self-centeredness and stress. Love Focused exposes this hidden, unhealthy way of living and teaches a more biblical, Love Focused model that dramatically changes lives and relationships.

Focus on the Good Stuff Mar 27 2020 Written by a former professional baseball player whose career was ended with an injury to his pitching arm in the middle of his third season, Focus on the Good Stuff is filled with passion, authenticity, and humor. Author Mike Robbins offers a step-by-step program with exercises for overcoming negative influence and obstacles, creating a truly
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grateful approach to life, and establishing an environment that can support success and peace of mind.

Organizational Psychology Dec 04 2020 Leerboek voor studenten en managers
[Digitaler Minimalismus](#) Feb 24 2020 In seinem Bestseller Konzentriert arbeiten bewies Cal Newport bereits, dass ablenkungsfreie Konzentration die Arbeitseffektivität steigert und die Reduktion der technischen Geschäftigkeit enorm viel Zeit und Nerven einspart - so arbeitet es sich nicht nur effektiver, sondern auch glücklicher. In seinem neuen Buch Digitaler Minimalismus spinnt er diesen Gedanken noch weiter und zeigt, dass der Schlüssel zu einem guten Leben in der Hightech-Welt darin besteht, die Nutzung der Technologien in allen Bereichen des Lebens auf das Wesentlichste zu reduzieren. Mithilfe seiner Methode zum Digital Detox wird man lernen, digitalen Ablenkungen künftig zu widerstehen, Online-Tools nur intentional zu nutzen

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Leben so um ein Vielfaches zu vereinfachen. Ein unverzichtbarer Leitfaden für all diejenigen, die sich nach einem entspannten Leben im Abseits der digitalen Welt sehnen.

The Ultimate Focus Strategy

Mar 19 2022 Discover 4 Steps to Permanently Eliminate Distractions and Focus on Your Goals in the Long-Term How do you feel about investing years of your life into achieving an important goal - your time, energy, money, blood, sweat, and tears - only to give up and throw it all away? If you constantly switch your attention from one thing to another, dabble in multiple projects, and give up on your goals whenever things get hard, you'll eventually fail - absolutely guaranteed! Wouldn't it be life-changing to finally be able to focus on your most important goals, work on them diligently on a daily basis, and make them a reality? Fortunately, even if you've been engaging in such unproductive behaviors ever since you can remember, you

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can escape this vicious cycle. Written by bestselling author Martin Meadows, *The Ultimate Focus Strategy: How to Set the Right Goals, Develop Powerful Focus, Stick to the Process, and Achieve Success* uncovers a powerful strategy that helped him overcome extreme shyness, get in shape in less than twelve months after years of negligence, launch a successful business after six years of failures, release several bestsellers, learn two foreign languages, dramatically reduce his fear of heights, and travel to exotic destinations. Here's just a taste of what you'll learn from the book: - How to make smart sacrifices to achieve your goals. Sacrifice is a must, but it doesn't mean you have to throw your life out of balance. - How to set the right goals, transform them into real-world actions and motivate yourself to get started. Discover when and how to start working on your goals. - Learn how to overcome the common fears and problems of getting started, such as balancing

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at once, overcoming a fear of failure and a fear of success (it's more common than you think, and it might be one of the reasons why you struggle). - Discover a 4-step process that shows you how to develop deep focus on a single path. This is how ordinary people achieve extraordinary goals. - 7 powerful ways to overcome everyday distractions. Find out how to become focused, including how to recognize and avoid laziness triggers. - How to focus and take action when you're not motivated. A lack of motivation doesn't automatically mean you're destined to fail. Learn how to overcome this common problem and keep trucking! - How to prioritize what to do and manage your to-do list. You'll be surprised to hear such outrageous advice in a self-help work, but you'll surely find yourself nodding as you read it. - 3 key areas of life you have to change to get fascinated with your goal. Developing a positive obsession about your objectives can make the difference between success

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and failure. - 5 powerful tips to stick to your resolutions despite hurdles and challenges, develop more patience, and bounce back after a failure. Learn how to persist, even in those challenging times when all you want to do is give up. - 3 golden rules for sustainable progress. Learn how to make the Ultimate Focus Strategy a part of your everyday life and achieve consistent results. - How to maintain success when you reach it. Discover the final lesson you absolutely need to heed, to stay successful for the rest of your life. Nothing prevents you from finally escaping the vicious cycle of working on your goals in an uncommitted way. Buy the book now, study the strategy, apply it, and reap the benefits for the rest of your life.

Rapt Feb 06 2021 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~~

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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 your inner experience and expand your world. By learning to focus, you can improve your concentration, broaden your inner horizons, and most important, feel what it means to be fully alive.

Focus Life Orientation Jan 05 2021

Finding Your Leadership

Focus Sep 01 2020 In his new book, author and international keynoter Douglas Reeves addresses a major challenge faced by today's school leaders: an ever-growing load of programs and initiatives. Reeves contends that program overload not only taxes leadership resources, but actually hurts rather than improves student performance.

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Drawing on recent research findings, this book shows how leaders can pare down from a proliferation of initiatives to determine what is truly most important based on their local concerns, challenges, populations, and other school factors. Identifying a specific set of leadership practices that are more strongly associated with improvements in student achievement, Reeves provides explicit guidelines for how school leaders can improve their most critical leadership decisions by simultaneously engaging in three essential strategies: monitoring teaching and leadership practices, building high degrees of efficacy among staff members, and focusing on a smaller number of priorities. Finding Your Leadership Focus is essential reading for new and veteran principals, teacher leaders, and PLC book study groups. Book Features: Practical guidance to help school leaders at every level to focus on what is most important and to assess their progress. Analysis of the

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three years of student achievement data and specific school leadership practices. Online video conference support by Douglas Reeves for book study groups and graduate classes who use this book. Online downloads. Douglas B. Reeves is the founder of The Leadership and Learning Center, Englewood, Colorado. He was named the Brock International Laureate for his contributions to education and received the Distinguished Service Award from the National Association of Secondary School Principals. "Finding Your Leadership Focus could not have arrived at a more timely moment in the history of reform.... Doug Reeves' conclusions and agenda for action are exactly what is needed." —From the Foreword by Michael Fullan, professor emeritus, University of Toronto "If schools and districts model their improvement efforts on Doug Reeves' sage advice, voluminous strategic plans will be scrapped, trees will be saved, educators will avoid the

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Law of Initiative Fatigue, and most importantly, students will learn at higher levels."

—Richard DuFour, educational author and consultant "This book is a masterful combination of research and practice, and Doug Reeves is one of the few people in the country who could have written it. He has added much-needed clarity to the process of leading in a way that directly results in enhanced student achievement." —Robert J. Marzano, CEO, Marzano Research Laboratory

Focus on Christ Sep 13 2021

It pleases the Father, Son and Spirit that the Son, Jesus Christ, be the centre of our worship, have the name above all names, and be first above all things. Everyone has a relationship with him - whether bearing his image but being estranged from him or knowing Christ as Lord and Saviour. In this book, John Stott draws our attention to how the New Testament speaks of Jesus Christ. He examines the prepositions used to help us understand

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our position in relation to the Son of God. We are to live in Christ, through Christ, on Christ, with Christ, under Christ, for Christ, and like Christ - and this book will help you become truly Christ-centred.

FOCUS on College and Career Success Mar 07 2021 The third edition of Staley and Staley's FOCUS ON COLLEGE AND CAREER SUCCESS recognizes the varied experiences you bring to the college classroom and guides you to build your motivation and increase your focus, driving your personal success in college -- and well beyond. All of the book's exercises are designed to help you learn more about yourself and focus on what you need to do to succeed, with learning tools that help you chart your progress. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Open Focus

Aufmerksamkeits-Training

Jul 23 2022

Konzentriert arbeiten Jul 19

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2019 Ständige Ablenkung ist heute das Hindernis Nummer eins für ein effizienteres Arbeiten. Sei es aufgrund lauter Großraumbüros, vieler paralleler Kommunikationskanäle, dauerhaftem Online-Sein oder der Schwierigkeit zu entscheiden, was davon nun unsere Aufmerksamkeit am meisten benötigt. Sich ganz auf eine Sache konzentrieren zu können wird damit zu einer raren, aber wertvollen und entscheidenden Fähigkeit im Arbeitsalltag. Cal Newport prägte hierfür den Begriff »Deep Work«, der einen Zustand völlig konzentrierter und fokussierter Arbeit beschreibt, und begann die Regeln und Denkweisen zu erforschen, die solch fokussiertes Arbeiten fördern. Mit seiner Deep-Work-Methode verrät Newport, wie man sich systematisch darauf trainiert, zu fokussieren, und wie wir unser Arbeitsleben nach den Regeln der Deep-Work-Methode neu organisieren können. Wer in unserer schnelllebigen ~~Welt~~

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sprunghaften Zeit nicht untergehen will, für den ist dieses Konzept unerlässlich. Kurz gesagt: Die Entscheidung für Deep Work ist eine der besten, die man in einer Welt voller Ablenkungen treffen kann.

Religions in Focus Aug 12 2021 "Religions in Focus" engages with the religious lives of members of some of the most significant religions today. It presents religions as contemporary ways of life that motivate and inspire people. Because religious people refer to sacred texts, honour the founders of their religions, learn from elders, or mould their lives according to authoritative teachings, "Religions in Focus" explains the relationship between tradition and contemporary practice. It offers an introduction to religions that is rooted in the best scholarship of the Study of Religions and provides a secure foundation for further study. A team of Religious Studies scholars from many countries, all skilled communicators about the

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contemporary religions with which they are thoroughly familiar, introduce what it means to live as a religious person today. They insist that however old or young these religions may be, what is most interesting is the ways in which people express them today. This is not a history of religions but an insightful introduction to living religions. A guide to further study and a companion website will point to ways of building on knowledge gained in studying this book, and applying skills developed in studying people's religious lives.

Focus Apr 08 2021

The Focused Life and Other Devotions for Church

Groups Apr 20 2022

Focus Jun 22 2022 A

sustainable plan for living your life to its fullest energy potential In our unpredictable and continually changing world, we are constantly in a state of figuring out how to sow our seeds for a happy life, which necessitates tending to the needs of our health, career, family and friends.

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and desires. Unfortunately, time never seems to be on our side, and if anything, often it seems out of our control. But what if it wasn't? What if you had the ability to take control of how you trade your energy for time and to increase your body's "energy budget" to live your fullest life? Pedram Shojai, O.M.D., New York Times best-selling author of *The Urban Monk*, shares his time-tested system for managing your Life Garden through 100-day gongs. Originating from ancient traditions and with a framework refined throughout Shojai's 15-plus years of coaching, this 100-day system provides a foundation for:

- Managing your expectations for your time now versus your time to come
- Allocating the time you have in order to get more
- Finding the balance between doing versus being
- Tapping into your vitality's highest potential
- Making sure your life aligns with your priorities

With detailed guidance and meaningful exercises broken down into

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doable tasks, you will be able to develop a personalized plan for tending to your Life Garden, understanding its mechanisms so that you can stick to it, and allowing your life's profound meaning and essential nature to flourish with abundance.

[Manage Stress & Anxiety and Improve Your Mental Focus \(Tips & Hints\)](#) Nov 15 2021

Everyone of us has gone through tough time at some point in our life : Stress, Anxiety, Fear for the future, Mental lapse and much more... This book give you handy Tips and Hints for you to overcome all these challenges and live happier and healthier lives; feeling more in control.

Real Focus Apr 27 2020

Psychologies, the leading magazine for intelligent people, provides their inspirational yet rigorous approach to the perennial topic of focus, to include topics of mindfulness, clarity and productivity. How are you today? We would hazard a guess that your answer will be along the lines of 'I'm so busy, **Where To Download**

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frazzled,' or 'what-am-I doing-even reading-this-book, I've got so much to do!' However, we also suspect that you know in your heart of hearts, that life's not supposed to feel like this. You're not supposed to feel like you're in a hamster wheel that you can't get off; that life is a 'whirlwind' or 'one never-ending To Do list.' You know there has to be another way - but what is it? Well here it is: Real Focus. Written in association with Psychologies Magazine the leading magazine for intelligent people, covering work, personal development and lifestyle issues Real Focus is: Packed full of tips, techniques and advice to help you focus in on what matters Based on scientific evidence and cutting edge global research Rigorous with credible content presented in a light and accessible manner Inspirational yet down to earth and practical

The Open-Focus Brain May 09 2021 This breakthrough book presents a disarmingly simple idea: The way we pay attention in daily life can play a critical
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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

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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

Focus On: 100 Most Popular Fantasy Anime and Manga

Jan 17 2022

#Goals Sep 20 2019 ☐ #Goals is a "Start Today" goal setting and productivity journal that

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helps you focus on your goals and achieve them faster. ☐ You will begin to see the positive effects of using this journal almost immediately. This DAILY journal helps you:

- ☐ Dream big, then narrow your focus
- ☐ Begin each day with intention and gratitude
- ☐ Set achievable goals
- ☐ Identify specific tasks each day to move closer to achieving your goals
- ☐ Manage your time on what matters most
- ☐ Set yourself up to feel accomplished, not overwhelmed

This journal is perfect for someone who is tired of starting and stopping on their goals over and over again. This journal provides focus and helps create productivity around your goals, even when life "gets in the way." Using this journal, you will be shocked at how much quicker you make progress on your goals. Achieve more than you ever thought possible by working on the goals that will make your dreams a reality. Each DAILY page includes prompts to write: Gratitude A daily gratitude

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been proven to have nearly endless benefits, namely increased positivity, better health and improved sleep. Top 5 Goals Start your day with intention! Writing down your goals daily keeps them front and center, dramatically increasing your focus and productivity on the steps that will make your dreams come to life. #1 Focus for the Day "You can accomplish everything, but you can't accomplish everything at once." By narrowing your daily focus for each day, you can make meaningful traction toward your goals. TO DOs that support your goals This section is your fast-track to achieving your goals. Skyrocket your productivity on tasks that make a difference to your goals - eliminate "busy work" and distractions! To-do list for tasks that are not related to your goals By separating your "everyday" to-do list from the actions that directly support your goals, you get an instant visual representation of where your time and effort go. This section helps you keep "life"

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from getting in the way of your goals. Notes For everything else! FEATURES 90 days (3 months) of daily journal pages (undated) Space to write down your big dreams and long-term goals Pages to write goals you have accomplished. Be your own motivation! A "How to Use this Journal" page Sample of a completed daily journal page Pretty, matte cover with crisp white interior pages It's time to start living the life you've always dreamed of, and the #goals, "Start Today" Journal can help you do it!

Focus on John Aug 20 2019 Focus on John is part of the Focus Bible Study Series which contains studies of Matthew, Mark, Luke, and John. The Focus Bible Study Series is the perfect guide for in-depth scripture study. Each book in the series includes informative commentary, thought-provoking study questions and experiential group activities that encourage a deeper understanding of scripture. The journal format has lots of space for writing and encourages personal reflection

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spiritual growth. The Focus Bible Study Series is ideal for individual or group study and reflection, adult classes, small-faith communities, retreats and midweek Bible study groups. Each book features: Thought-provoking study questions with space for written responses A wealth of ideas to promote prayer and journal meditations that build faith and understanding of the scriptures Numerous suggestions for activities that promote experiential learning and meaningful discussion to encourage spiritual growth.

The Power of Truth Focus May 21 2022 We cannot succeed at any thing in life without the natural ability to focus. There is no purpose; there is no real success without this innate ability you were born with, called "focus." There would be no technological human successes in this world continuously with out focus. However, this is an unbalanced world, and as a result, so is our natural focused reality. This is not the way God designed this world to focus. Picture your

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natural focus being changed to a focus from another perspective, by becoming the principled person God designed you to become. This can happen no matter what your disposition is right now, through "The "Power of Truth Focus"!

Focus on Federal Employee Health and Assistance Programs Feb 18 2022

Power Hour Jun 17 2019

Hinter der Power Hour verbirgt sich ein ebenso simples wie geniales Konzept: Investiere eine Stunde am Tag und du bekommst das Leben, das dich endlich glücklich macht. Mithilfe zahlreicher Beispiele zeigt Adrienne Herbert, wie man die Kraftstunde in sein Leben integriert, Klarheit über persönliche Ziele gewinnt und diese Stück für Stück umsetzt. Als neue Gewohnheit fördert die Power Hour außerdem das Selbstbewusstsein, verbessert das Immunsystem, führt zu einem besseren Zeitmanagement und einer positiven Lebenseinstellung.

Calm My Anxieties **Where To Download**

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2021 Even though we want to be content and trust God, we can still feel overwhelmed by worry. Filled with encouragement and practical help for overcoming anxiety, this 12-session Bible study for women explains what God says about contentment and offers ways to apply it to daily life.

Fully In Focus Oct 02 2020
THE CONTENTS of this book are Oracles of Truths. They are meant to open the eyes and hearts of those around the world who never knew that God actually speaks and reveals the unforeseen things of Himself to His servants today. They are intended to encourage ALL READERS to find their role in God's design for these times-roles that cannot wait to be filled because Heaven cannot afford their waiting. Some of the oracles are warnings-warnings to NOT wait too long. Listen carefully. In *The Unalterable Inconvenient Truths*, Mary L. Johnson-Gordon expresses the heart cry of God concerning the global environment, the spiritual condition of the
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church, and a plea for holiness in the life of every Christian. It will motivate those who feel a strong sense of urgency to change the condition of our world-environmentally and spiritually. -Marilyn Hickey-Founder, Marilyn Hickey Ministries
Building & Redirecting Your Focus Aug 24 2022 The book, *Building and Redirecting Your Focus*, is written to people structure their lives the right way. It identifies focus as a major key to purpose discovery, purpose survival and accomplishments. The book underscores the importance of having a clear mental sight to make positive decisions for maximum impact. It also identifies the acquisition of quality as transportation into transformation and accomplishment. In addition, it considers handling one's perception and understanding efforts and results as critical components in focus building. Finally, the book examines the relevance of self coordination to achieve the highest possible impact and fulfillment.
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Liber Null & Psychonautik

Nov 22 2019

Focus Life Sciences Sep 25 2022

The Open-Focus Life Oct 26 2022 Learn to change your mindset, relieve anxiety, dissolve pain, and bring a greater sense of wellbeing into your life by changing how you pay attention, with easy-to-apply techniques and in-the-moment exercises from Dr. Les Fehmi's Open Focus method. How you pay attention affects literally every moment of your conscious life, so learning how to be flexible with your focus can profoundly change how you respond to everyday challenges. The Open-Focus Life shows you many different ways of paying attention that you were never taught in school and illustrates how to use different attention styles as powerful tools to help you feel better, act more effectively, and improve the quality of your life. Dr. Les Fehmi and Susan Shor Fehmi, pioneers in biofeedback, have spent decades developing and applying these methods with

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clients from all walks of life in their private clinical practice. In The Open-Focus Life, they coach you through common everyday stressors and show you how to shift out of modes of attention that exacerbate negative feelings and into modes of calm and balance. Based on peer-reviewed neuroscience and clinical experience, these quick, practical techniques will improve how you feel about your body, how you relate to people at work and at home, and how you interact with your everyday environment, to achieve a more relaxed life with less chronic physical and emotional pain.

Focus on Prayer Jan 25 2020

Prayer is the key to a closer relationship with God. You can learn how to pray to experience direct, meaningful communication with your Heavenly Father.

Focus on Life Science Jun 29 2020

High Level Words (1543 +) to Focus in a Digital World Jun 10 2021

The Miracle! In this book Nicholas presents

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practical, unique, subliminal, very simple, detailed method of how to Focus in a Digital World. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual

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vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to

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enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Focus in a Digital World. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

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The 7 Minute Solution May 29 2020 The best-selling author of *The 7 Minute Difference* demonstrates how small routine choices can enable significant positive changes in personal relationships and goals, outlining specific strategies and tools for identifying key priorities and accomplishing scheduled daily tasks.

Focus Oct 14 2021 Sharon's research has taken the guess work out of finding what works in the field of personal growth. *Focus: Tuning into your inner guidance and fulfilling your dreams* is a one of a kind book that offers beginning seekers or those who haven't yet found what works for them, easy application of advanced technologies. It is a unique approach by combining a variety of resources available to all, exercises to both finding and removing unconscious blocks as well as suggestions to access and call upon one's inner guidance. Solutions and references are included that have provided support and healing to thousands of people.

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is the compilation of years of study, sessions with therapists and healers, lectures, seminars, workshops, discussion groups as well as over 20 years of experience helping clients. Personal growth doesn't have to take a long time or be painful when you awaken to the truth of yourself and your purpose. "I wish I would have known this about myself a long time ago", "I wish I had met you before", "I have learned more about myself in two weeks since working with Sharon. This is just what I was looking for", are just some of the comments clients have made.

A Practical Guide to Stage Lighting Third Edition Dec 24 2019 In the first edition of *A Practical Guide to Stage Lighting*, Steve Shelley cracked open his production book and showed how to prepare a lighting design and create the paperwork needed to mount a production. In the second edition, he pulled back the curtain and showed the methods and processes that go on before the light plot is

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finalized and ready to go to into the shop, even dealing with cutting the plot in half. In this third edition, Shelley throws the door wide open and shows step-by-step how to construct every lighting system in the Hokey light plot. Combining his diacritical analysis, killer drafting, and analytic use of the Slinky Method and Slinky Calculations, he presents the Periodic Table of Fundamental Lighting Systems and shows the basic methods used to create multi-instrument lighting systems. Highlights include: -Over 100 new topics, including analysis and application of the three categories of collaboration; a detailed examination of production meetings and one-on-one meetings; and meeting checklists with management and the creative team. -Over 50 new illustrations, including Shelley's Periodic Table of Fundamental Lighting Systems; groundplans, sections, and front elevations that illustrate basic system wash configurations.

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direction of light. -Analysis, calculation, and step-by-step technical construction of each lighting system in the Hokey light plot. -Explanation of a manufacturer's cut sheet, and how to apply basic formulas to determine the beam size, footcandles, and gel transmission for lighting instruments. -Updated process of pre-programming computer lighting consoles prior to the load-in. -Comprehensive overview of archiving paperwork and softcopy for a production.

The Practicing Mind Nov 03 2020 In those times when we want to acquire a new skill or face a formidable challenge we hope to overcome, what we need most are patience, focus, and discipline, traits that seem elusive or difficult to maintain. In this enticing and practical book, Thomas Sterner demonstrates how to learn skills for any aspect of life, from golfing to business to parenting, by learning to love the process. Early life is all about trial-and-error practice. If we had given up in the face

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of failure, repetition, and difficulty, we would never have learned to walk or tie our shoes. So why, as adults, do we often give up on a goal when at first we don't succeed? Modern life's technological speed, habitual multitasking, and promises of instant gratification don't help. But in his study of how we learn (prompted by his pursuit of disciplines such as music and golf), Sterner has found that we have also forgotten the principles of practice — the process of picking a goal and applying steady effort to reach it. The methods Sterner teaches show that practice done properly isn't drudgery on the way to mastery but a fulfilling process in and of itself, one that builds discipline and clarity. By focusing on "process, not product," you'll learn to live in each moment, where you'll find calmness and equanimity. This book will transform a sense of futility around learning something challenging into an attitude of pleasure and willingness.

Focus Groups Dec 16 2021
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Physicians, health researchers, and nurses make extensive use of focus groups. Thus, researchers and readers need access to the realm of applications of focus group methodology in the wide variety of medical and health sciences. In this second installment of a two-volume examination of ten recent years (1998-2007) of focus group studies and research literature, author Graham R. Walden turns his attention from the arts, humanities, and non-medical sciences to the medical and health sciences, concentrating on a broad range of studies in books, book chapters, and journal articles that are available in English. Focus Groups, Volume II: A Selective Annotated Bibliography: Medical and Health Sciences covers over 500 articles on a multitude of topics in the medical and health sciences, such as the health profession and the practice of medicine, public health, and several different bodily systems and types of diseases. The annotations in

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this bibliography describe the content of a source document to help the reader discern whether pursuit of the full text is appropriate or desirable. This book offers significant benefits to all medical personnel; graduate and undergraduate students; professional focus group practitioners; and individuals seeking increased awareness of studies that have been conducted in the health arena.

Hyperfocus Jul 31 2020 Immer mehr Menschen fühlen sich überfordert von immer mehr To-dos und immer weniger Zeit. In der Konsequenz wird es immer schwieriger, sich darauf zu konzentrieren, Aufgaben zufriedenstellend und effizient zu einem Ende zu bringen. In seinem Buch liefert Chris Bailey einen praktischen Weg, um Aufmerksamkeit gezielt zu bündeln. Er zeigt, wie man sich eine produktivere Umgebung schafft und wie man lernt, Prioritäten richtig zu setzen. Die Kunst dabei ist es, sich im richtigen Moment zu fokussieren oder aber, wenn es nötig ist, den Geist

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schweifen zu lassen. Richtig umgesetzt, schafft man so

seine Vorhaben - und vieles mehr!