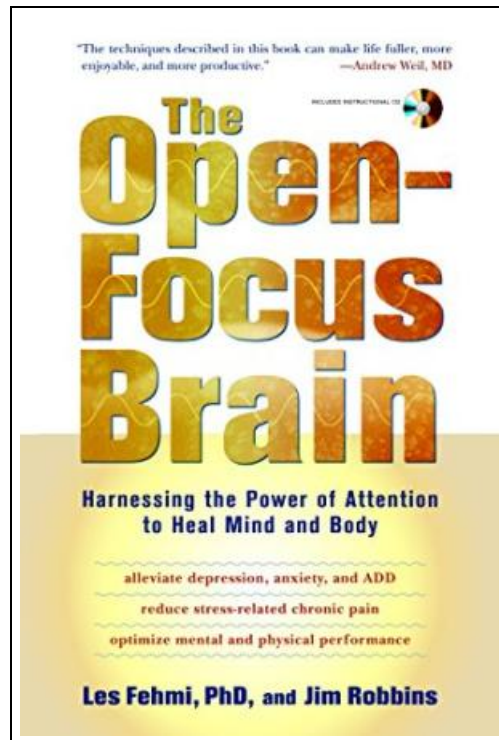


The Open-Focus Brain (Paperback)



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Reviews

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THE OPEN-FOCUS BRAIN (PAPERBACK)



Shambhala Publications Inc, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. 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, along with an audio CD in which the author guides the reader through fundamental Open-Focus exercises that can be used on a regular basis to enhance our health and well-being. 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 Includes a 60-minute audio CD: - essential attention exercises from the book,...

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