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Attention and the Focused Life

WINIFRED GALLAGHER



# Rapt Attention And The Focused Life

**Mark Freeman**



## **Rapt Attention And The Focused Life:**

**Rapt** Winifred Gallagher, 2009-04-16 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 **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

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**The Ecology of Attention** Yves Citton, 2017-05-23 Information overload the shallows weapons of mass distraction the googlization of minds countless commentators condemn the flood of images and information that dooms us to a pathological attention deficit In this new book cultural theorist Yves Citton goes against the tide of these standard laments to offer a new perspective on the problem of attention in the digital age Phrases like paying attention and investing ones attention attest to our mistaken belief that attention can be conceptualized in narrow economic terms We are constantly drawn towards attempts to quantify and commodify attention even down to counting the number of likes a picture receives on Facebook or a video on YouTube By contrast Citton argues that we should conceptualize attention as a kind of ecology and examine how the many different environments to which we are exposed from advertising to literature search engines to performance art condition our attention in different ways In a world where the demands on our attention are ever increasing this timely and original book will be of great interest to students and scholars in media and

communications and in literary and cultural studies and to anyone concerned about the long term consequences of the profusion of images as well as digital content in the age of the internet

**The Priority of the Other** Mark Freeman, 2014 Contemporary psychology as well as our own self understanding remains largely ego centric in focus with the self being seen as the primary source of meaning and value According to Mark Freeman this perspective is belied by much of our experience Working from this basic premise he proposes that we adopt a more ex centric perspective one that affirms the priority of the Other in shaping human experience In doing so he offers nothing less than a radical reorientation of our most basic ways of making sense of the human condition In speaking of the Other Freeman refers not only to other people but also to those non human others for instance nature art God that take us beyond the ego and bring us closer to the world In speaking of the Other s priority he insists that there is much in life that comes before us By thinking and living the priority of the Other we can therefore become better attuned to both the world beyond us and the world within At the heart of Freeman s perspective are two fundamental ideas The first is that the Other is the primary source of meaning inspiration and existential nourishment The second is that it is the primary source of our ethical energies and that being responsive and responsible to the world beyond us is a defining feature of our humanity There is a tragic side to Freeman s story however Enraptured though we may be by the Other we frequently encounter it in a state of distraction and fail to receive the nourishment and inspiration it can provide And responsive and responsible though we may be it is perilously easy to retreat inward to the needy ego The challenge therefore is to break the spell of the ordinary oblivion that characterizes much of everyday life The Priority of the Other can help us rise to the occasion

The Attention Complex K. Rogers, 2014-01-16 Over the past two decades in the United States a profound reorientation of human attention has taken shape This book addresses the recent cultural anxiety about attention as a way of negotiating a crisis of the self that is increasingly managed mediated and controlled by technologies

**Wandering, Not Lost** Barry L. Casey, 2019-11-01 A spiritual journey may take many forms from Dante s descent to the pits of Hell and up the other side to the bliss of Paradise to Pilgrim s progress or even to Billy Pilgrim unstuck in time in Vonnegut s Slaughterhouse Five It could be Elijah running headlong into the desert or Jonah being flung ashore and shouting in Nineveh a petulant prophet to the end Faith can be carried like pennies in the pocket or worn like a coat of many colors Abraham and Moses Mary and Peter all of them carried their faith and all of them had their doubts Doubt is the companion of faith and the mystery that bonds them together comes out in stories These are stories of faith doubt and mystery Not all who wander are lost

Body & Soul, 2009

**Digital Talking Books Plus**, 2011

**Talking Book Topics**, 2010

Proceedings and Addresses of the American Philosophical Association American Philosophical Association, 2009 List of members in v 1

**The Writers Directory**, 2013

**Science News**, 2009

**The Publishers Weekly**, 2009

*Emotion in the Clinical Encounter* Rachel Schwartz, Judith A. Hall, Lars G. Osterberg, 2021-08-22 The foundational knowledge and practical actions you need to effectively address your patients emotions and manage your own

Emotions are ever present in the context of illness and medical care and can have an enormous impact on the well being of patients and healthcare providers alike. Despite this impact, emotions are often devalued in a medical culture that praises stoicism and analytical reasoning. Featuring the latest theories and research on emotion in healthcare, this much needed resource will help you build the necessary skillset to navigate the extraordinary emotional demands of practicing medicine. *Emotion in the Clinical Encounter* will help you learn the science of emotion as it relates to clinical care. Understand the role of emotion in illness. Recognize the connection between clinical response to patient emotions and care outcomes. Develop effective strategies for emotion recognition. Build strong emotional dialogue skills for medical encounters. Identify biases that may shape clinical interactions and subsequent outcomes. Understand emotion regulation in patients, providers, and in the clinical relationship. Address challenges and opportunities for clinical emotional wellness. Identify a new path forward for delivering emotion based medical school curricula. How did we manage for this long in healthcare without this textbook? This is an essential guide to help both trainees and established clinicians sharpen their skills. Our patients will only benefit when we bring our full set of skills to the bedside. Danielle Ofri MD PhD, Clinical Professor of Medicine, New York University, Editor in Chief of *Bellevue Literary Review* and author of *What Doctors Feel: How Emotions Affect the Practice of Medicine*. This is a unique contribution that deeply explores the role of emotions in clinical medicine, drawing on a wide range of disciplines and presenting both scholarly paradigms and practical applications. It should be essential reading for medical educators, clinicians, and patient advocates who all aim to better navigate today's frustrating healthcare system. Jerome Groopman MD, Recanati Professor, Harvard Medical School, and author of *How Doctors Think*. *Emotion in the Clinical Encounter* is a must read book for clinicians. It would be especially helpful if medical students start their careers by reading this invaluable volume to gain a deeper understanding of human emotion. The book is evidence based and detailed enough to be perhaps the definitive guide to emotions for the clinician. William Branch MD MACP FACH, The Carter Smith Sr Professor of Medicine, Emory University.

**Picasso's Marie-Thérèse** Pablo Picasso, 2008      **The Promise of a New Day** Karen Casey, Martha

Vanceburg, 1996-05-10. One of the World's Most Popular Collections of Daily Wisdom To Help You Make the Most of Each and Every Day. Every day happy or sad, challenging or just business as usual, makes new demands on us. Each day brings new experiences, new tasks, and new rewards. As each day dawns, take a moment for quiet reflection and discover the promise of a new beginning and a fresh start full of optimism, hope, and joy. For more than a dozen years, *The Promise of a New Day*, a very special collection of inspiring thoughts and wise meditations, has offered thousands of people day to day wisdom and fresh viewpoints on life, adding a moment of inspiration and insight, a comforting thought, or a time for rest and relaxation to their days. Filled with the wisdom of inspirational thinkers from around the world, including Robert Bly, Dr. Joyce Brothers, Leo Buscaglia, Norman Cousins, Amelia Earhart, Robert Frost, Helen Keller, John Lennon, Shirley MacLaine, Will Rogers, and Mark Twain, along with insightful reflections and reassuring thoughts, *The Promise of a New Day* will help you find the promise of

peace encouragement and a fresh start in every day of your life

**The City Club Bulletin** City Club of Chicago,1927

**The Deschanos** Junius Lackland Hempstead,1905

**Truth and Life** Albert Cotton Grier,Agnes Rosina (McCarthy)

Lawson,Mrs. Agnes Rosina McCarthy Lawson,1921

## **Rapt Attention And The Focused Life** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Rapt Attention And The Focused Life**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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