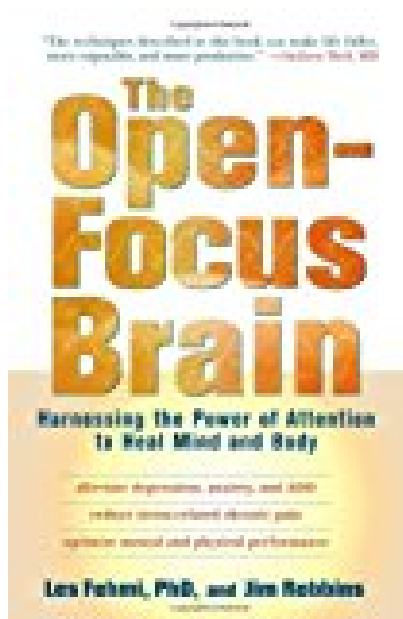


# The Open-Focus Brain Harnessing the Power of Attention to Heal Mind and Body

---



## BOOK DETAILS

- Author : Les Fehmi
- Pages : 208 Pages
- Publisher : Trumpeter
- Language : English
- ISBN : 1590306120

[↓ DOWNLOAD](#)

## BOOK SYNOPSIS

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

### **THE OPEN-FOCUS BRAIN HARNESSING THE POWER OF ATTENTION TO HEAL MIND AND BODY**

- Are you looking for Ebook The Open-Focus Brain Harnessing The Power Of Attention To Heal Mind And Body? You will be glad to know that right now The Open-Focus Brain Harnessing The Power Of Attention To Heal Mind And Body is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. The Open-Focus Brain Harnessing The Power Of Attention To Heal Mind And Body may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with The Open-Focus Brain Harnessing The Power Of Attention To Heal Mind And Body and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with The Open-Focus Brain Harnessing The Power Of Attention To Heal Mind And Body. To get started finding The Open-Focus Brain Harnessing The Power Of Attention To Heal Mind And Body, you are right to find our website which has a comprehensive collection of manuals listed.