

## 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 ...

New developments in neuroscience have since revealed even more about Winifred Gallagher's Rapt: Attention and the Focused Life readily merits its readers' sustained attention. Gallagher persuasively shows how whatever we focus on is—quite literally—how we spend our lives. Our attention, in other words, is like currency.

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

Overview. In Rapt, acclaimed behavioral science writer Winifred Gallagher makes the radical argument that much of the quality of your life depends not on fame or fortune, beauty or brains-or what happens to happen to you-but on what you choose to pay attention to. Rapt introduces a diverse cast of characters, from researchers to artists and ranchers....

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

Rapt: Attention and the Focused Life Winifred Gallagher, Author Penguin ... and do, what you love-is the sum of what you focus on.\*\* From paying attention to your inner dialogue (helping eliminate ...

### Nonfiction Book Review: Rapt: Attention and the Focused ...

You can write a book review and share your experiences. Other readers will always be interested in your opinion of the books you've read. Whether you've loved the book or not, if you give your honest and detailed thoughts then people will find new books that are right for them.

### Rapt: Attention and the Focused Life | Winifred Gallagher ...

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

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.

### Rapt : attention and the focused life / Winifred Gallagher.

Rapt definition is - lifted up and carried away. How to use rapt in a sentence. lifted up and carried away; transported with emotion : enraptured; wholly absorbed : engrossed...

### Rapt | Definition of Rapt by Merriam-Webster

"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.

### Rapt : Attention and the Focused Life - Walmart.com

"Once out of your cradle, you don't focus on the world in the abstract, perceiving things for the first time, but in synchrony with your accumulated knowledge, which enriches and helps define your experience, as well as ensuring its uniqueness." — Winifred Gallagher, Rapt: Attention and the Focused Life

### Rapt Quotes by Winifred Gallagher - Goodreads

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### Rapt: Attention and the Focused Life - Kindle edition by ...

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### Rapt: Attention and the Focused Life: Gallagher, Winifred ...

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### Rapt by Winifred Gallagher: 9780143116905 ...

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.

### Buy Rapt: Attention and the Focused Life Book Online at ...

According to Winifred Gallagher's new book, Rapt: Attention and the Focused Life, we're all amateur psychologists endlessly running our own private experiments on how to live. So try this ...

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

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