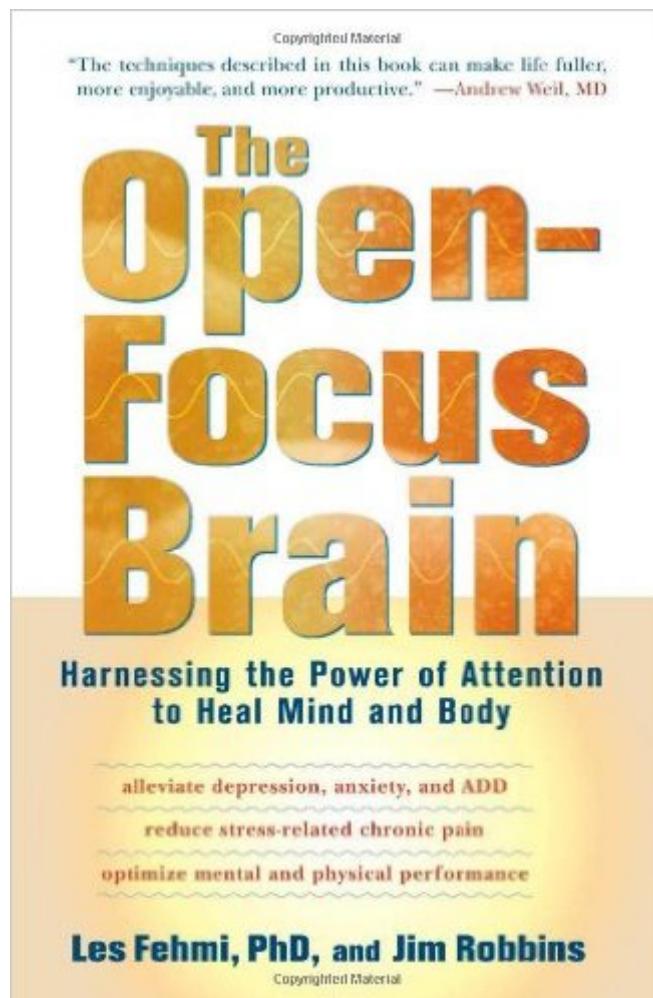


The book was found

The Open-Focus Brain: Harnessing The Power Of Attention To Heal Mind And Body



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 a 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, led by Dr. Fehmi • listeners learn 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

Book Information

Paperback: 208 pages

Publisher: Trumpeter; 1 Pap/Com edition (December 16, 2008)

Language: English

ISBN-10: 1590306120

ISBN-13: 978-1590306123

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars • See all reviews (96 customer reviews)

Best Sellers Rank: #90,470 in Books (See Top 100 in Books) #49 in Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #165 in Books > Medical Books > Psychology > Mental Illness #212 in Books > Medical Books > Psychology > Counseling

Customer Reviews

Having read a lot of meditation books, zen books, power of now and attention deficit books, this book is a very interesting perspective on the subject of focus and attention. First off the book explains what open focus is but it took me a while to grasp it. It wasn't until I read the first exercise that I 'felt' what open focus is about. I feel the book does require a few reads. More importantly, I felt I was very drawn to re-reading it, especially after listening to the cd. Let me try a technique he uses in open focus. So while you are reading this review, imagine the distance of the screen from your eyes while still reading. Then see the edges of the computer screen yet still managing to read. Notice the spaces between each of the lines of words. Can you feel your shoulders? Can you feel if your arms and fingers are tense? Are your eyes relaxed? Still keep reading yet feel your tightness as you are still reading. Perhaps you can soften that tension and still maintain focus. Perhaps that feels more relaxed and now less urgent? So one of the ideas is to still function but we don't always need what's known as 'narrow focus' or 'hyper-focus'. This is the focus that uses a high level of energy, tension and focus. We don't always need this type of focus with everything we do. This type of focus is very effective at getting things done, but unless we have a knowledge of 'different types' of focus, we can burn out. We don't always need to use narrow-focus for every task and every conversation. There are lots of other things we could do in open focus, enjoy them more and maybe even do a better job. An obvious one is reading. When I did the exercise he gave while reading I noticed my tension and softened it, especially the tension I was using to hold the book.

This is an important, groundbreaking book that promises to become a classic that could very well become more and more widely read over the decades. More than any other book, it reminds me of Herbert Benson's **RELAXATION RESPONSE**. Just as Benson took a simple concept-- relaxation-- and created a landmark book on how to do it... simply, Les Fehmi, with co-author Jim Robbins, has laid out an approach to attention that is remarkable in its simplicity and power to change lives. As Fehmi points out, our lives, our experiences, all we know, are determined by how we pay attention. The process of paying attention is usually something we ignore. Yet, Fehmi teaches, we can easily learn how to become aware of how we are paying attention and then voluntarily pay attention as we choose to. Fehmi walks us through the ways that narrowed, inflexible attention leads to stress and

stress disorders, depression, reduced performance, even diminished relationships. The good news is he provides practical, easy to learn and implement techniques which work-- and quickly, at that. I first learned the Open Focus technique from Les Fehmi 30 years ago. I've used them ever since in my life and as a trainer and consultant teaching newcomer physicians, psychologists, counselors, educators, etc. the field of biofeedback and self regulation. I've taught hundreds of practitioners this technique because I believe it is very effective and powerful. This book has been long overdue and will be highly valuable to both lay readers and professional psychologists. Fehmi's co-author Jim Robbins is an extraordinary writer who has helped Fehmi to take his ideas and put them into a fun and fascinating to read language that makes this book almost as engaging as a great novel. Dr.

[Download to continue reading...](#)

The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Nutrient Power: Heal Your Biochemistry and Heal Your Brain NLP: Essential Crash Course to Harnessing the Power of NLP for: Mind Control, Hypnosis, & Self Confidence (Psychology of Success, Confidence, Motivation, Communication, Emotions, Behavior Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) A User's Guide to the Brain: Perception, Attention and the Four Theaters of the Brain Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 Surgery Open Heart: A Surgical Nurse Guides You Through Open Heart Surgery (Open Heart Surgery, Aortic Valve / Mitral Valve Replacement, Coronary Artery Bypass, Aortic Aneurysm, Myxoma) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Anti Inflammatory Diet Protocol: How to Beat Chronic Inflammation, Lose Weight and Heal Your Body With Whole Foods (Healthy Body, Healthy Mind) Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to

Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set) Open Heart, Open Mind

[Dmca](#)