

Rapt Attention And The Focused Life

The Focused Life
The God Focused Life
The Focus Formula: Mastering Concentration in a Distracted World
The Mind Mage's Code
The Seven Secrets of Crystal Talismans
Indigenous Research Methodologies
Rapt
Bethesda
The Redemption of Man
The Power of Commitment
The Philosophy of (erotic) Love
Littell's Living Age
Everybody Ahead
The Latter-Day Saints' Millennial Star
My Life in Christ
Methodist Magazine and Quarterly Review
Nature
Photographic Times and American Photographer
The Emerson Birthday-book
Three Hundred Outlines of Sermons on the New Testament
Edward L. Hayes Jr. Argyl L. Dickson Sunny Sharma Henry M. Mason Bagele Chilisa Winifred Gallagher Leonora-Barbara Halstead David Worthington Simon Jerry E. White Robert C. Solomon Orison Swett Marden Saint John (of Kronstadt) Sir Norman Lockyer Ralph Waldo Emerson

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about the author he is married and he and his wife have 12 children they home school and he pastors a church plant called living water community church located in northern california argyl is available for seminars and speaking engagements on a limited basis he

can be reached at argyl.godfocusedlife.org

the focus formula mastering concentration in a distracted world 8 800 words 40 pages 12 chapters complete toolkit your phone buzzes you check it just a quick glance fifteen minutes later you realize you have been scrolling sound familiar the average person checks their phone 96 times daily office workers are interrupted every 11 minutes after each interruption it takes 23 minutes to refocus the math is brutal most people never achieve sustained focus at all this book changes that what you will learn part i understanding focus the science of attention three brain networks why we get distracted internal vs external triggers the true cost of lost focus time quality opportunities part ii building your focus foundation designing the optimal focus environment digital minimalism and notification elimination energy management for cognitive performance part iii deep work mastery the complete deep work protocol flow state triggers you can control time blocking strategies that work part iv sustaining peak performance building automatic focus habits recovery and renewal practices the focused life philosophy key techniques included the phone box method morning block protocol the 30 day digital experiment flow trigger stacking shutdown complete ritual the two minute habit rule complete quick reference toolkit this book is for you if you struggle to concentrate for more than a few minutes you check your phone constantly without thinking you feel busy but not productive you want to produce higher quality work you dream of achieving flow states regularly what you will achieve 2 4 hours of daily deep work capacity dramatically reduced digital distraction regular flow state experiences higher quality output in less time a clear focused mind on demand

the mind mage s code master deep focus and find true concentration by sunny sharma is your ultimate guide to unlocking the superpower of unwavering focus in a distracted world in an age of constant digital noise and mental clutter this book reveals the ancient and modern techniques to sharpen your concentration like a disciplined mind mage dive into powerful chapters such as the ritual of mental clarity breaking the distraction spell and channeling flow state energy to master deep work eliminate procrastination and reclaim control of your attention whether you re a student professional or creative this book equips you with the mental tools to guard your mind sustain clarity and achieve more with laser precision harness the code of inner mastery and let your focus shape your

destiny

the mysterious powers of gems crystals and minerals are finally explained in this practical guide to creating talismans casting a modern light on the age old practice of talismans gemologist henry m mason correlates the mystical properties of these wondrous objects with the science of gemology connecting with the universal life force the proper talisman can focus and magnify your own qualities helping you fulfill dreams and desires mason s seven secrets explore how crystal structure color and chemistry contribute to a talisman s natural energies for aiding in attraction protection self improvement creativity tranquility spiritual awakening and more from selecting and preparing the proper mineral to empowering your talisman this guide takes you through every step of creating and using talismans and amulets for optimum effect

author bagele chilisa has revised and updated her groundbreaking textbook to give a new generation of scholars a crucial foundation in indigenous methods methodologies and epistemologies addressing the increasing emphasis in the classroom and in the field to sensitize researchers and students to diverse perspectives especially those of women minority groups former colonized societies indigenous people historically oppressed communities and people with disabilities the second edition of indigenous research methodologies situates research in a larger historical cultural and global context to make visible the specific methodologies that are commensurate with the transformative paradigm of social science research chapters cover the history of research methods ethical conduct colonial and postcolonial epistemologies relational epistemologies emergent and indigenous methodologies afrocentric research feminist research narrative frameworks interviewing and participatory methods new to the second edition are three new chapters covering evaluation mixed methods and mixed methods evaluation these chapters focusing on decolonizing indigenizing and integrating these methods and applications to enhance participation of indigenous peoples as knowers and foster collaborative relationships additional information on indigenous quantitative research reflects new developments in the field new activities and web resources offer more depth and new ways for students to extend their knowledge this textbook includes features such as key points learning objectives student exercises chapter summaries and suggested readings making it an ideal textbook for graduate level

courses

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

solomon and higgins have chosen excerpts from the great philosophical texts and combined them with the most exciting new work of philosophers writing today it examines the mysteries of erotic love from a variety of philosophical perspectives and provides an impressive display of wisdom that the world s best thinkers have brought and continue to bring to the study of love

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