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### *The 48 Laws Of Power* Currency

"...an absurdly motivating book." -A.J. Jacobs, New York Times bestselling author Don't get stuck on a career path you have no passion for. Don't waste your intelligence on something that doesn't really mean anything more to you than a paycheck. Let Isaiah Hankel help you define a focus so powerful that everything in your life will be pulled towards it. Create your purpose and change your life. Be focused. Be fulfilled. Be successful. Black Hole Focus has been endorsed by top names in business, entrepreneurship, and academia, including 4 times New York Times bestseller AJ Jacobs and Harvard Medical School Postdoc Director Dr. Jim Gould. The book is broken up into 3 different sections; the first section shows you why you need a purpose in life, the second section shows you how to find your new purpose, and the third section shows you how to achieve your goals when facing adversity. In this book, you will learn: How to understand what you really want in life and how to get it Why people with a powerful purpose live to 100 How to rapidly improve focus and change your life using the secret techniques of an international memory champion How people like Jim Carrey, Oprah Winfrey, and J.K. Rowling transformed pain into purpose How to start a business by avoiding willpower depletion and the life hack lie Black Hole Focus includes exclusive case studies from medical practitioners, research scientists, lawyers, corporate executives and small business owners who have used the techniques described in this book to achieve massive success in their own lives. About the Author: Dr. Hankel is an internationally recognized expert in the biotechnology industry and prolific public speaker. He's given over 250 seminars in 22 different countries while working with many of the world's most respected companies and institutions, including Harvard University, Oxford University, Roche Pharmaceuticals, Eli Lilly & Company, Baxter International and Pfizer. Dr. Hankel uses the science of purpose and the principles of entrepreneurship to help people achieve their biggest goals.

### **Whole Brain Living** Harvard Business Review Press

Learn to change your mindset, relieve anxiety, dissolve pain, and bring a greater sense of wellbeing into your life by changing how you pay attention, with easy-to-apply techniques and in-the-moment exercises from Dr. Les Fehmi's Open Focus method. How you pay attention affects literally every moment of your conscious life, so learning how to be flexible with your focus can profoundly change how you respond to everyday challenges. The Open-Focus Life shows you many different ways of paying attention that you were never taught in school and illustrates how to use different attention styles as powerful tools to help you feel better, act more effectively, and improve the quality of your life. Dr. Les Fehmi and Susan Shor Fehmi, pioneers in biofeedback, have spent decades developing and applying these methods with clients from all walks of life in their private clinical practice. In *The Open-Focus Life*, they coach you through common everyday stressors and show you how to shift out of modes of attention that exacerbate negative feelings and into modes of calm and balance. Based

on peer-reviewed neuroscience and clinical experience, these quick, practical techniques will improve how you feel about your body, how you relate to people at work and at home, and how you interact with your everyday environment, to achieve a more relaxed life with less chronic physical and emotional pain.

### Harnessed Shambhala Publications

Each moment of our lives, from birth to death, our brains are engaged in an endless symphony of patterns. In *Awakening the Mind*, Anna Wise reveals how a careful understanding of the four types of brain waves, and the practice of carefully designed meditation exercises that lead to a mastery of each type, can vastly improve everyday focus, memory, concentration, and overall mental awareness. Over the past three decades, Wise has measured the brain-wave patterns of spiritual teachers, artists, high-performing businessmen, athletes, and other highly creative and productive individuals. She discovered that, during periods of peak mental awareness and clarity, they all exhibited a specific brain-wave pattern in which the four categories of brain waves—alpha, beta, theta, and delta—combined in a distinct configuration. In this book, Wise provides meditation exercises specially developed to lead readers to achieve that heightened mental state referred to as the Awakened Mind.

### Peak Mind Shambhala Publications

While resilience is innate in the brain, our capacity for it can be impaired by our conditioning. Unhelpful patterns of response are learned over time and can become fixed in our neural circuitry. What neuroscience now shows is that what previously seemed hardwired can be rewired.

### *The Mindfulness Revolution* Shambhala Publications

Discover a treasure map to All Knowing. Come along on a profound adventure, uncovering ancient wisdom—the Creator's Secrets of the universe, life, our interconnection to all things, and how to tap the unimaginable possibilities that lie within each one of us. This is the real Grail Diary, from an author who has undergone massive transformation, learning to tap into life itself—pure consciousness. Join him for the breakthroughs, as you discover together—truth, knowing and the answers we've been searching for throughout history. Unlock the secrets to life's purpose, the fountain of youth, cure for illness, soulful relationships, and who are we at our very essence—infinity personified.

### **Neuroscience for Leadership** Hachette UK

A breakthrough, drug-free approach to stress and stress-related illnesses—from anxiety and depression to ADHD and chronic pain—using simple attention exercises with powerful results on physical and mental health 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 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

#### **Harnessing Public Research for Innovation in the 21st Century** Shambhala Publications

This guide to harnessing the power of the brain to resolve chronic pain includes a variety of simple attention exercises and a 65-minute guided audio program. For four decades, Dr. Les Fehmi has been a leader in brainwave biofeedback (also called neurofeedback), training individuals how to balance and regulate their brainwave patterns to improve mental, emotional, and physical health. Dissolving Pain is based on the premise that although pain is perceived to exist in a particular part of the body, pain in fact resides in the brain. Drawing on existing scientific research and on decades of clinical experience, Dr. Fehmi offers brain-training exercises that quiet the pain signal in the brain. The exercises involve altering the way we pay attention to pain, cultivating what Fehmi calls Open-Focus Attention: a relaxed form of awareness that changes the neural blood flow and increases alpha brainwave activity (associated with reduced stress and beneficial hormonal changes). These exercises are effective in the treatment of many forms of pain including back, shoulder, neck, and joint pain; headaches; muscle pain and tension; and pain from traumatic injury. Included with the book is a link to a 65-minute downloadable audio program in which Dr. Fehmi guides listeners through the fundamental Dissolving Pain exercises. To learn more, visit [openfocus.com](http://openfocus.com).

#### *Awakening the Mind* Profile Books

WINNER OF THE INTERNATIONAL BUSINESS BOOK AWARD 2019 From the million-copy bestselling author of *The 48 Laws of Power* Robert Greene is a master guide for millions of readers, distilling ancient wisdom and philosophy into essential texts for seekers of power, understanding and mastery. Now he turns to the most important subject of all - understanding people's drives and motivations, even when they are unconscious of them themselves. We are social animals. Our very lives depend on our relationships with people. Knowing why people do what they do is the most important tool we can possess, without which our other talents can only take us so far. Drawing from the ideas and examples of Pericles, Queen Elizabeth I, Martin Luther King Jr, and many others, Greene teaches us how to detach ourselves from our own emotions and master self-control, how to develop the empathy that leads to insight, how to look behind people's masks, and how to resist conformity to develop your singular sense of purpose. Whether at work, in relationships, or in shaping the world around you, *The Laws of Human Nature* offers brilliant tactics for success, self-improvement, and self-defence.

#### *The All Knowing Diary* BenBella Books

A groundbreaking exploration of the neuroscience of spirituality and a bold new paradigm for health, healing, and resilience—from a New York Times bestselling author and award-winning researcher “A new revolution of health and well-being and a testament to, and celebration of, the power within.”—Deepak Chopra, MD Whether it’s meditation or a walk in nature, reading a sacred text or saying a prayer, there are many ways to tap into a heightened awareness of the world around you and your place in it. In *The Awakened Brain*, psychologist Dr. Lisa Miller shows you how. Weaving her own deeply personal journey of awakening with her groundbreaking research, Dr. Miller’s book reveals that humans are universally equipped with a capacity for spirituality, and that our brains become more resilient and robust as a result of it. For leaders in business and government, truth-seekers, parents, healers, educators, and any person confronting life’s biggest questions, *The Awakened Brain* combines cutting-edge science (from MRI studies to genetic research, epidemiology, and more) with on-the-ground application for people of all ages and from all walks of life, illuminating the surprising science of spirituality and how to engage it in our lives:

- The awakened decision is the better decision. With an awakened perception, we are more creative, collaborative, ethical, and innovative.
- The awakened brain is the healthier brain. An engaged spiritual life enhances grit, optimism, and resilience while providing insulation against addiction, trauma, and depression.
- The awakened life is the inspired life. Loss, uncertainty, and even trauma are the gateways by which we are invited to move beyond merely coping with hardship to transcend into a life of renewal, healing, joy, and fulfillment. Absorbing, uplifting, and ultimately enlightening, *The Awakened Brain* is a conversation-starting saga of scientific discovery packed with counterintuitive findings and practical advice on concrete ways to access your innate spirituality and build a life of meaning and contribution.

#### **Chatter** Random House

In *How to Have a Good Day*, economist and former McKinsey partner Caroline Webb shows readers how to use recent findings from behavioral economics, psychology, and neuroscience to transform our approach to everyday working life. Advances in behavioral sciences are giving us an ever better understanding of how our brains work, why we make the choices we do, and what it takes for us to be at our best. But it has not always been easy to see how to apply these insights in the real world—until now. In *How to Have a Good Day*, Webb explains exactly how to apply this science to our daily tasks and routines. She translates three big scientific ideas into step-by-step guidance that shows us how to set better priorities, make our time go further, ace every interaction, be our smartest selves, strengthen our personal impact, be resilient to setbacks, and boost our energy and enjoyment. Through it all, Webb teaches us how to navigate the typical challenges of modern workplaces—from conflict with colleagues to dull meetings and overflowing inboxes—with skill and ease. Filled with stories of people who have used Webb’s insights to boost their job satisfaction and performance at work, *How to Have a Good Day* is the book so many people wanted when they finished *Nudge*, *Blink* and *Thinking Fast and Slow* and were looking for practical ways to apply this fascinating science to their own lives and careers. A remarkable and much-needed book, *How to Have a Good Day* gives us the tools we need to have a lifetime of good days.

#### **Indistractable** Hay House, Inc

What is the key ingredient to a happy, successful life? There is no one-size-fits-all solution to dealing with life. Elaine Fox, one of the world's leading psychologists and performance coaches, has witnessed this time and again. In her work coaching top athletes, military leaders and business professionals, she has seen that it's the people who know how and when to switch between different approaches - people who have an agile mind - who achieve the best performance. Drawing on 25 years of scientific research, Fox shares with us her step-by-step guide to what she calls 'switchcraft': the set of skills we need to navigate a complex and uncertain world. Whether it's coping with a difficult boss, overcoming a fear, dealing with hyperactive children, resolving a dispute with a friend or making a difficult choice about where to live or what to do, switchcraft helps us thrive in any situation. Like your own personal life coach, Switchcraft shows you how to break out of a rigid mindset to restore your fulfilment, curiosity and zest for life.

*Black Hole Focus* Hay House, Inc

"What we send out into the universe comes back to us, magnified. Although the power of intention--the energy of positive thoughts--is widely accepted as an influential force in transforming lives, the exponential power of group intention has never been explored, until now. In [this book], Lynne McTaggart, an expert on the science of spirituality, reveals her ... findings from ten years of experiments about how group intention can heal our lives--and change the world for the better"--

**The Power of Eight** Everest Media LLC

Instant #1 New York Times Bestseller Listed as a Times Self-Help Book of the Year Discover the critical art of rethinking: how questioning your opinions can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, the most crucial skill may be the ability to rethink and unlearn. Recent global and political changes have forced many of us to re-evaluate our opinions and decisions. Yet we often still favour the comfort of conviction over the discomfort of doubt, and prefer opinions that make us feel good, instead of ideas that make us think hard. Intelligence is no cure, and can even be a curse. The brighter we are, the blinder we can become to our own limitations. Adam Grant - Wharton's top-rated professor and #1 bestselling author - offers bold ideas and rigorous evidence to show how we can embrace the joy of being wrong, encourage others to rethink topics as wide-ranging as abortion and climate change, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, and how a vaccine whisperer convinces anti-vaxxers to immunize their children. Think Again is an invitation to let go of stale opinions and prize mental flexibility, humility, and curiosity over foolish consistency. If knowledge is power, knowing what you don't know is wisdom.

**The Laws of Human Nature** Shambhala Publications

Here's an innovative and practical approach to eliminating chronic muscle pain, written by a popular occupational therapist with thirty years of experience freeing people from the discomfort of tendonitis, lower back pain, and neck and shoulder tension. These types of chronic pain can be caused by a number of factors, including old injuries, habitual movement patterns, problems with body alignment, psychological causes, and inability to sense your own body movements accurately. Muscular Retraining for Pain-Free Living clearly and concisely explains the causes of persistent

muscle pain and offers a therapeutic exercise program to address these problems and end pain. This book explains the basic principles behind Williamson Muscular Retraining, which helps people to use their bodies more efficiently and gracefully, in a way that is practical and easy to understand. The problems of poor posture, muscle tension, and stress-caused pain are corrected by seeing them through the lens of kinesthetic awareness. The importance of kinesthetic awareness is typically overlooked precisely because it is lacking in so much of our population, including health care practitioners. Retraining for Pain-Free Living presents case examples of how people have used body awareness to improve how they sit, stand, and move - to rid themselves of ongoing muscular pain.

*Dissolving Pain* New World Library

The companion book to COURSERA®'s wildly popular massive open online course "Learning How to Learn" Whether you are a student struggling to fulfill a math or science requirement, or you are embarking on a career change that requires a new skill set, A Mind for Numbers offers the tools you need to get a better grasp of that intimidating material. Engineering professor Barbara Oakley knows firsthand how it feels to struggle with math. She flunked her way through high school math and science courses, before enlisting in the army immediately after graduation. When she saw how her lack of mathematical and technical savvy severely limited her options—both to rise in the military and to explore other careers—she returned to school with a newfound determination to re-tool her brain to master the very subjects that had given her so much trouble throughout her entire life. In A Mind for Numbers, Dr. Oakley lets us in on the secrets to learning effectively—secrets that even dedicated and successful students wish they'd known earlier. Contrary to popular belief, math requires creative, as well as analytical, thinking. Most people think that there's only one way to do a problem, when in actuality, there are often a number of different solutions—you just need the creativity to see them. For example, there are more than three hundred different known proofs of the Pythagorean Theorem. In short, studying a problem in a laser-focused way until you reach a solution is not an effective way to learn. Rather, it involves taking the time to step away from a problem and allow the more relaxed and creative part of the brain to take over. The learning strategies in this book apply not only to math and science, but to any subject in which we struggle. We all have what it takes to excel in areas that don't seem to come naturally to us at first, and learning them does not have to be as painful as we might think.

*Breaking The Habit of Being Yourself* Springer

Are you suffering from ailments your doctor has no satisfactory remedy for? Why not try Reiki? If channelized properly, Reiki can be used for some very specific purposes with astonishing results. Through the 21 power tools, this book teaches you just how, in a step-by-step manner. The outcome of five years research, this book is a collection of different methods and tools that make Reiki most effective by concentrating on the flow of energy. The book outlines these tools that you could use for every occasion. Highlights: \*Tools for every occasion \*How to use Reiki for specific purposes \*The benefits of awareness and detachment \*Relaxation and distress through specific forms of meditation and the power of affirmations and the Reiki Prayer \*Maintain health and vitality through Tibetan exercises \*The benefits of salt water bath and aura cleansing...and much much more

#v&spublishers

**How to Have a Good Day** Hachette UK

'This book can catapult you into living fully the life that is yours to live while you have the chance' Jon Kabat-Zinn 'A must-read for our distracted times' Dan Goleman 'A must-have guide to experiencing every moment of our lives' Goldie Hawn 'A treasure trove of insights and exercises to enrich our lives' Dan Siegel Stop for a moment. Are you here right now? Is your focus on the words in front of you? Or is it roaming elsewhere, to the past or future, to a worry, to your to-do list, or to your phone? The good news: There's nothing wrong with you - your brain isn't broken. The human brain was built to be distractible. The even better news: You can train your brain to pay attention more effectively. Acclaimed neuroscientist Dr Amishi Jha has dedicated her life's work to understanding the science of attention at every level - from brain imaging studies in the lab to field testing soldiers, firefighters and athletes. Her mission has been to scientifically determine how we can harness the full power of our attention to better meet all that life demands. In *Peak Mind*, Dr Jha expertly guides readers through fascinating research, debunking common assumptions about focus and attention, and offers remarkably easy-to-adapt flexible twelve minute-a-day exercises to lift the mental fog, declutter the mind, and strengthen focus so that you can experience more of your life.

*Building a Second Brain* Shambhala Publications

The New York Times best-selling author of *My Stroke of Insight* blends neuroanatomy with psychology to show how we can short-circuit emotional reactivity and find our way to peace. For half a century we have been trained to believe that our right brain hemisphere is our emotional brain, while our left brain houses our rational thinking. Now neuroscience shows that it's not that simple: in fact, our emotional limbic tissue is evenly divided between our two hemispheres. Consequently, each hemisphere has both an emotional brain and a thinking brain. In this groundbreaking new book, Dr. Jill Bolte Taylor—author of the New York Times bestseller *My Stroke of Insight*—presents these four distinct modules of cells as four characters that make up who we are: Character 1, Left Thinking; Character 2, Left Emotion; Character 3, Right Emotion; and Character 4, Right Thinking. Everything we think, feel, or do is dependent upon brain cells to perform that function. Since each of the Four Characters stems from specific groups of cells that feel unique inside of our body, they each display particular skills, feel specific emotions, or think distinctive thoughts. In *Whole Brain Living*, available in paperback for the first time, Dr. Taylor blends neuroanatomy with psychology to help us: Get acquainted with our own Four Characters, observe how they show up in our daily life, and learn to identify and relate to them in others as well Apply the wisdom of the Four Characters to every area of life—from work to relationships to health Use a powerful practice called the Brain Huddle—a tool for bringing our Four Characters into conversation with one another—to short-circuit

emotional reactivity, tap our characters' respective strengths, and choose which one to embody in any situation The more we become familiar with each of the characters in ourselves and others, the more power we gain over our thoughts, our feelings, our relationships, and our lives. Indeed, we discover that we have the power to choose who and how we want to be in every moment. And when our Four Characters work together and balance one another as a whole brain, we gain a radical new road map to deep inner peace.

*The Brain Book* Windhorse Publications

No matter your field, industry, or specialty, as a leader you make a series of crucial decisions every single day. And the harsh truth is that the majority of decisions—no matter how good the intentions behind them—are mismanaged, resulting in a huge toll on organizations, the people they employ, and even the people they serve. So why is it so hard to make sound decisions? In *Think Twice*, now in paperback, Michael Mauboussin argues that we often fall victim to simplified mental routines that prevent us from coping with the complex realities inherent in important judgment calls. Yet these cognitive errors are preventable. In this engaging book, Mauboussin shows us how to recognize and avoid common mental missteps. These include misunderstanding cause-and-effect linkages, not considering enough alternative possibilities in making a decision, and relying too much on experts. Through vivid stories, the author presents memorable rules for avoiding each error and explains how to recognize when you should “think twice”—questioning your reasoning and adopting decision-making strategies that are far more effective, even if they seem counterintuitive. Armed with this awareness, you'll soon begin making sounder judgment calls that benefit (rather than hurt) your organization.

*Heal Your Mind, Rewire Your Brain* Penguin

Please note: This is a companion version & not the original book. Sample Book Insights: #1 Our attention is all-encompassing. It is the most important factor in our lives. We pay attention with our whole body and mind, and our style of attention impacts the brain's electrical rhythms. #2 The brain is the master control panel for our mind and body, and when we change its electrical patterns, we initiate systemwide effects. Our perception, memory, information processing, performance, physiology, and emotional well-being are all influenced by attention. #3 Narrow-objective attention is how we typically pay attention. It is focusing on one or a few important things as the foreground, and dismissing all other stimuli. It is the type of attention that is measured by an EEG. #4 Narrow-objective focus is an emergency mode of paying attention that quickly and substantially increases the frequency of the brain's electrical activity and raises other aspects of physiological arousal, such as heart and respiratory rates.

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