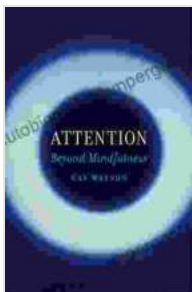


Attention Beyond Mindfulness: A Revolutionary Approach to Your Attention, Focus, and Performance

Are you tired of feeling distracted, overwhelmed, and unable to focus? Do you find yourself constantly multitasking, but never really getting anything done? If so, then you're not alone. In today's fast-paced world, it's more difficult than ever to stay focused and productive.

But what if there was a way to train your attention and focus, so that you could be more productive, efficient, and successful? What if there was a way to develop the ability to focus at will, be present in the moment, and perform at your best?



Attention: Beyond Mindfulness by Gene Stratton-Porter

★★★★☆ 4.7 out of 5

Language : English
File size : 931 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 224 pages



There is! And it's called Attention Beyond Mindfulness.

Attention Beyond Mindfulness is a revolutionary approach to your attention, focus, and performance. It offers a unique blend of ancient wisdom and

cutting-edge science to help you develop the ability to focus at will, be present in the moment, and perform at your best.

Attention Beyond Mindfulness is based on the latest research in neuroscience and psychology. It draws on the wisdom of ancient meditation practices, such as mindfulness and yoga, to help you develop the skills you need to improve your attention, focus, and performance.

Attention Beyond Mindfulness is a practical guide that will help you to:

- Improve your attention and focus
- Be more productive and efficient
- Perform at your best
- Reduce stress and anxiety
- Increase your well-being

Attention Beyond Mindfulness is the key to unlocking your full potential. It will help you to achieve your goals, live a more fulfilling life, and make a positive impact on the world.

What's Inside Attention Beyond Mindfulness?

Attention Beyond Mindfulness is divided into three parts:

1. **The Foundations of Attention**
2. **The Practices of Attention**
3. **The Applications of Attention**

In Part 1, you will learn about the science of attention and how it works. You will also learn about the different types of attention and how to develop each type.

In Part 2, you will learn about the practices of attention. These practices are designed to help you develop the skills you need to improve your attention, focus, and performance.

In Part 3, you will learn about the applications of attention. You will learn how to use your attention to achieve your goals, live a more fulfilling life, and make a positive impact on the world.

Who is Attention Beyond Mindfulness For?

Attention Beyond Mindfulness is for anyone who wants to improve their attention, focus, and performance. It is for:

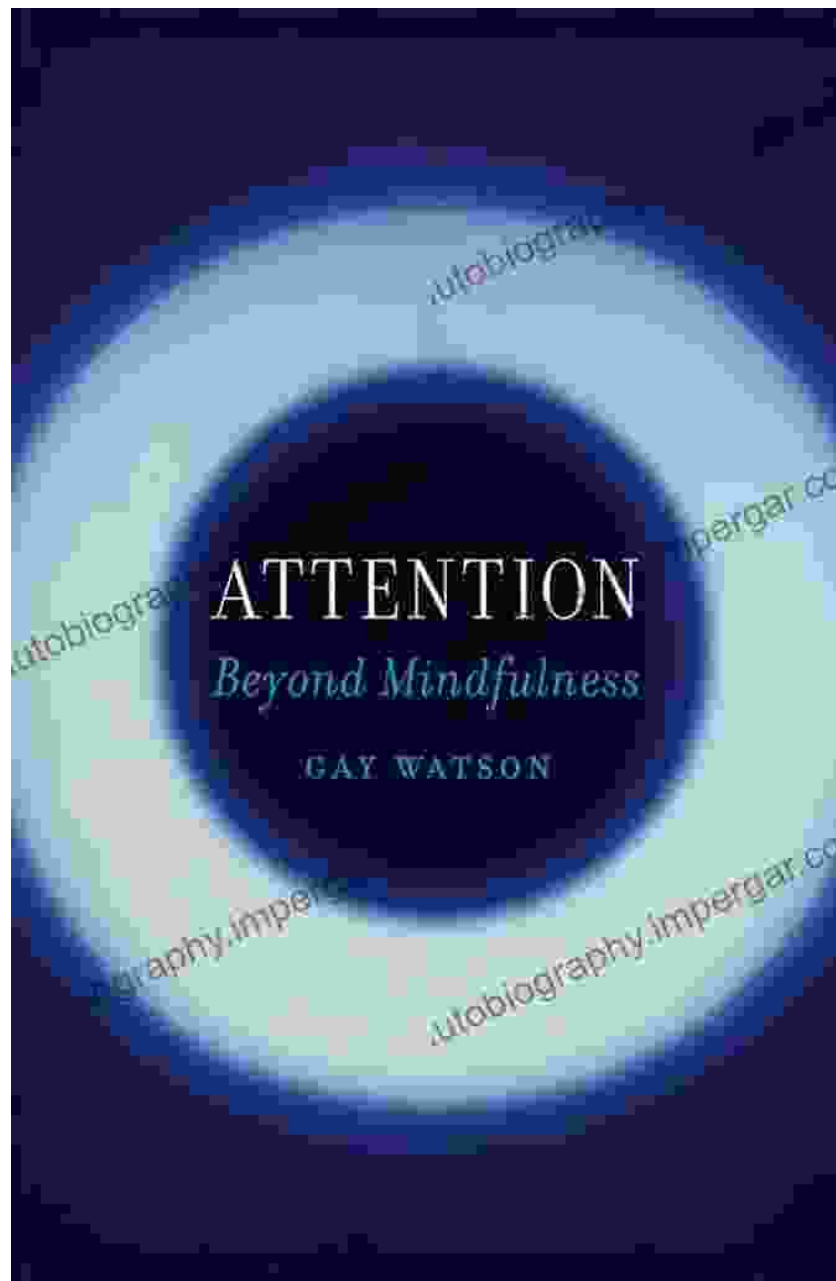
- Students who want to improve their grades
- Professionals who want to be more productive and successful
- Athletes who want to improve their performance
- Artists who want to be more creative
- Anyone who wants to live a more fulfilling life

If you are ready to take your attention, focus, and performance to the next level, then Attention Beyond Mindfulness is the book for you.

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Attention Beyond Mindfulness is available now in paperback and ebook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookstore.

Don't wait! Free Download your copy of Attention Beyond Mindfulness today and start developing the ability to focus at will, be present in the moment, and perform at your best.





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