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Focusing on Open Focus: Part 1 What is Open Focus?

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- 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
-

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The open-focus brain: harnessing the power of attention to heal mind and body / Les Fehmi and Jim Robbins. p. cm. Includes bibliographical references and index. eISBN 978-0-8348-2271-9 ISBN 978-1-59030-376-4 (hardcover: alk. paper) ISBN 978-1-59030-612-3 (paperback: alk. paper) 1. Psychology—Miscellanea.

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the open focus brain harnessing the power of attention to heal mind and body by les fehmi jim robbins goodreads author 395 rating details 273 ratings 26 reviews 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

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

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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 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

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

For four decades, Dr. Les Fehmi has been training people to regulate their own brainwave patterns to improve their mental, emotional, and physical health. His new book focuses on the treatment of pain, and it is based on the premise that although pain is perceived to exist in a particular part of the body, pain actually arises in the

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brain. Drawing on existing scientific research and on decades of clinical experience, he 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 60-minute program that guides listeners through the Open-Focus exercises to help them to become pain free.

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

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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.

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's

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"softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In *Breaking the Habit of Being Yourself*, renowned author, speaker, researcher, and chiropractor Dr. Joe Dispenza combines the fields of

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quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in any area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality. Through his powerful workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same!

Technical Foundations of Neurofeedback provides, for the first time, an authoritative and complete account of the scientific and technical basis of EEG biofeedback. Beginning with the physiological origins of EEG rhythms, Collura describes the basis of measuring brain activity from the scalp and how brain rhythms reflect key brain regulatory processes. He then develops the theory as well as the practice of measuring, processing, and feeding back brain activity information for biofeedback training. Combining both a "top down" and a "bottom up" approach, Collura describes the core scientific principles, as well as current clinical experience and practical aspects of neurofeedback assessment and treatment therapy. Whether the reader has a technical need to understand neurofeedback, is a current or future neurofeedback practitioner, or only wants to understand the scientific basis of this important new field, this concise and authoritative book will be a key source of information. .

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Why You're Still Stuck is the definitive guide for getting unstuck and waking up. It offers practical approaches to transformation, embodiment, and shadow work that integrates holistic perspectives from somatic therapy, mindfulness, and spirituality to help you get unstuck and become enlightened along the way. Drew Gerald grounds spiritual truth in philosophies and exercises that help where traditional self-help fails. From the Publisher: “ Drew Gerald's practical and applicable book on transformation, embodiment, healing, and shadow work offers a divergent view on self-help and spiritual awakening - unlike anything we've read before. It forces us to stop and take an unusually deep look in the mirror and question our reasons for not being and having what we want. His words invite us into a new paradigm of self-awareness and complete honesty, where freedom is found by feeling and truth reigns high. Integrating holistic philosophies from transpersonal psychology, somatic therapy, mindfulness, and spirituality - Why You're Still Stuck delivers a hard-hitting, refreshing approach for overcoming our greatest challenge: ourselves. This book is essential for anyone looking for a grounded, no-fluff guide to conscious transformation, stuck or not. ” Have you ever wondered, “ Why am I still stuck despite all the inner work I ’ ve done? ” If you ’ re confused and frustrated—despite all you know and achieved, or how much you ’ ve worked on yourself... Because you feel like: You should be further along or already past this You could be expressing yourself more fully in life You shouldn ’ t be repeating the same cycles again and again Your success in relationships, career, health, & spirit should match ...and are ready to

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break through once and for all—this may be the most important book you ' ll ever read. Stop and imagine how your life would look in just a year, if today you were able to: Break-through that plateau in your sport, art, craft, yoga practice, or meditation Reach your potential and move past career or financial ceilings, and creative blocks Know how to attract the right people or circumstances without second-guessing Relax into the peace and freedom from not having to fix everything about yourself Eliminate anxiety, fear, codependency, insecurity and start fully experiencing life ...would you be willing to hear about unconventional solutions that helped thousands of others? A fraction of what you will learn from each chapter: How the story you tell yourself keeps you stuck and what you ' re missing out on The most efficient “ level ” to focus on for change never addressed in self-help A math formula that reveals why things get worse the harder you try Why your fast intellect may be slowing you down, and the benefits of intelligence Common narcissistic traps that keep us from being supported and told the truth The paradox of why seeking a spiritual path leads to more suffering, not less What you are secretly avoiding or not allowing that stifles your progress The truth about how we get trapped in victim mentality and what to do to heal The solution to addiction, or, why personal development and self-help is failing you An eternal truth that illuminates the startling connection between all our behaviors “ That wasn ’ t my intention ” —why you keep getting the wrong results from the right actions How to get feedback from others and the space around you to break-through How to make sure you're living for something greater than your ego so you can thrive Overcome duality and win the war against our darkest and most

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undesirable parts The most obvious, simple, yet enigmatic action to take that everyone over-complicates Learn the secrets of the now and embody a vision that will come true Discover the somatic solution to being in your head based on Cinesomatics® What five things we must hold steadfast in our life for success, joy, and healing Practical, Applicable, Grounded Straight-Talk This is for those with a sincere interest in taking ownership of their life and waking up. If you are looking for a motivational, inspirational book padded with stories, this is not it. But if you're ready to see the truth about why you ' re stuck and have an open-mind towards sincere healing—order this book now and break-through today.

A common denominator in both physical and emotional healing is the creation of more perceptual and conscious space.

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