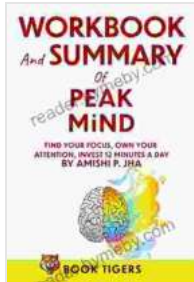


Unleash Your Fokus Power: Transform Your Life with Amishi Jha's Transformative Guide



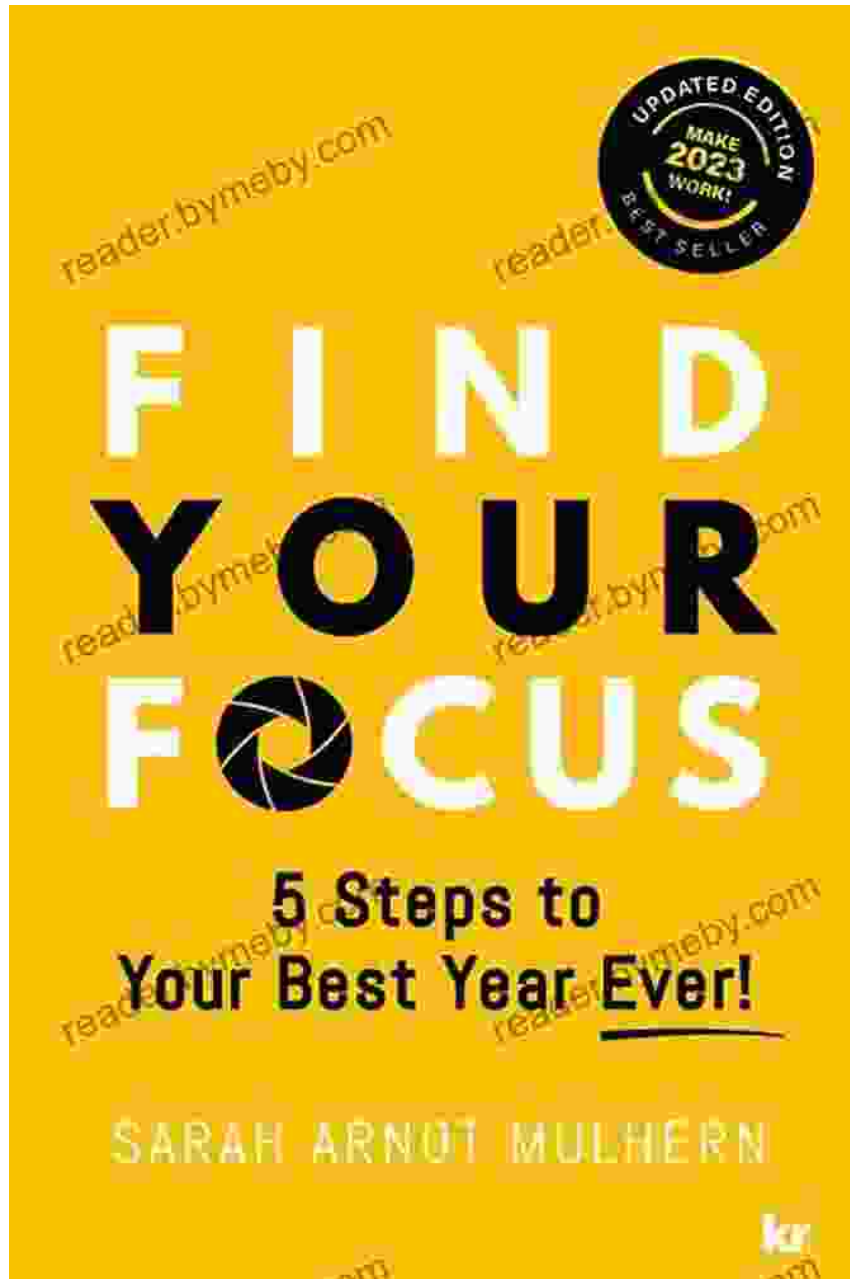
WORKBOOK and SUMMARY for PEAK MIND : Find Your Focus, Own Your Attention, Invest 12 Minutes a Day by Amishi P. Jha (Book Tigers Workbooks 2)

★★★★☆ 4.6 out of 5

Language : English
File size : 1360 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 74 pages



Discover the Secrets of Focus and Attention with 'Find Your Focus'



In today's fast-paced and attention-deficit digital age, focus and attention have become more precious than ever. With constant distractions and information overload, it's easy to lose sight of our priorities and find ourselves scattered and overwhelmed.

Dr. Amishi Jha, a leading neuroscientist at the University of Miami and the founding director of the Contemplative Neuroscience Center, understands

this challenge. In her groundbreaking book, *Find Your Focus: Own Your Attention, Invest 12 Minutes a Day*, she provides a comprehensive guide to help you reclaim control over your attention and unleash your full potential.

Based on cutting-edge neuroscience research and real-world applications, 'Find Your Focus' offers practical strategies and techniques that will help you:

- Enhance your ability to focus and concentrate, even in the face of distractions
- Reduce stress and anxiety, which can impair focus
- Cultivate a resilient mindset that allows you to bounce back from setbacks
- Increase your productivity and efficiency
- Improve your overall well-being and quality of life

At the heart of Dr. Jha's approach is a simple yet powerful practice that she calls "focused attention training." This 12-minute daily exercise involves training your mind to stay present and focused on a single task. By practicing this technique regularly, you can strengthen your attentional muscles and improve your ability to concentrate and resist distractions.

Dr. Jha provides clear and concise instructions for the focused attention training exercise, as well as variations and modifications to suit different needs and preferences. She also includes practical tips and advice for incorporating these techniques into your daily life, such as:

- Identifying and avoiding common attention traps

- Creating an attention-friendly environment
- Developing a supportive network of friends and family
- Using technology to your advantage

'Find Your Focus' is not just a book; it's a transformative journey that will empower you to take control of your attention and live a more focused, productive, and fulfilling life.

Meet the Author: Amishi Jha



Dr. Amishi Jha is a renowned neuroscientist, professor, and the founding director of the Contemplative Neuroscience Center at the University of Miami. Her research focuses on the neural mechanisms of attention and mindfulness, and she has published numerous scientific articles and books on these topics.

Dr. Jha is a sought-after speaker and has given TED Talks and appeared on numerous media outlets, including NPR, The New York Times, and The Wall Street Journal. She is also the author of the bestselling book *Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day*.

With her groundbreaking research and practical advice, Dr. Jha is a leading voice in the field of attention and mindfulness. Her work has had a profound impact on individuals and organizations around the world, helping them to improve their focus, productivity, and well-being.

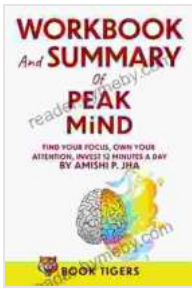
Unlock Your Fokus Potential with 'Find Your Focus'

If you're ready to take control of your attention and live a more focused and fulfilling life, then 'Find Your Focus' is the book for you. With its evidence-based techniques, practical advice, and inspiring stories, this book will empower you to:

- Enhance your focus and concentration
- Reduce stress and anxiety
- Cultivate a resilient mindset
- Increase your productivity
- Improve your overall well-being

Free Download your copy of 'Find Your Focus' today and start your journey to a more focused and fulfilling life.

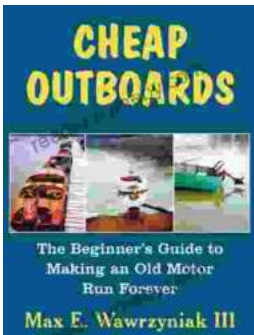
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