

Focus

Deede Dumka Deede

Focus (HBR Emotional Intelligence Series) Harvard Business Review, Daniel Goleman, Heidi Grant, Amy Jen Su, Rasmus Hougaard, Maura Nevel Thomas, 2018-11-13 The importance of achieving focus goes well beyond your own productivity. Deep focus allows you to lead others successfully, find clarity amid uncertainty, and heighten your sense of professional fulfillment. Yet the forces that challenge sustained focus range from dinging phones to office politics to life's everyday worries. This book explains how to strengthen your ability to focus, manage your team's attention, and break the cycle of distraction. This volume includes the work of: Daniel Goleman Heidi Grant Amy Jen Su Rasmus Hougaard HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Focus Mike Schmoker, 2018-07-16 In this 2nd edition of *Focus: Elevating the Essentials to Radically Improve Student Learning*, Mike Schmoker extends and updates the case that our schools could be on the cusp of swift, unparalleled improvements. But we are stymied by a systemwide failure to simplify and prioritize; we have yet to focus our limited time and energy on the most essential, widely acknowledged, evidence-based practices that could have more impact than all other initiatives combined. They are: simple, coherent curricula; straightforward, traditional literacy practices; and lessons built around just a few hugely effective elements of good teaching. As Schmoker demonstrates, the case for these practices—and the need for them—has grown prodigiously. In every chapter, you'll find late-breaking discoveries and practical advice on how to simplify the implementation of new state standards in the subject areas; on the hidden pitfalls of our most popular, but unproven instructional fads and programs; and on simple, versatile strategies for building curriculum, planning lessons, and integrating literacy into every discipline. All of these strategies and findings are supported with exciting new evidence from actual schools. Their success confirms, as Michael Fullan writes, that a focus on the best high-leverage practices won't only improve student performance; they will produce stunningly powerful consequences in our schools.

Focusing Eugene T. Gendlin, 1982-08-01 The classic guide to a powerful technique that can increase your mindfulness and lead to personal transformation Based on groundbreaking research conducted at the University of Chicago, the focusing technique has gained widespread popularity and scholarly acclaim. It consists of six easy-to-master steps that identify and change the way thoughts and emotions are held within the body. Focusing can be done virtually anywhere, at any time, and an entire "session" can take no longer than ten minutes, but its effects can be felt immediately—in the relief of bodily tension and psychological stress, as well as in dramatic shifts in understanding and insight. In this highly accessible guide, Dr. Eugene Gendlin, the award-winning psychologist who developed the focusing technique, explains the basic principles behind focusing and offers simple step-by-step instructions on how to utilize this powerful tool for tapping into greater self-awareness and inner wisdom. As you learn to develop your natural ability to "focus," you'll find yourself more in sync with both mind and body, filled with greater self-assurance, and better equipped to make the positive changes necessary to improve and enhance every aspect of your life.

Focus Al Ries, 2005-09-27 What's the secret to a company's continued growth and prosperity? Internationally known marketing expert Al Ries has the answer: focus. His commonsense approach to business management is founded on the premise that long-lasting success depends on focusing on core products

and eschewing the temptation to diversify into unrelated enterprises. Using real-world examples, Ries shows that in industry after industry, it is the companies that resist diversification, and focus instead on owning a category in consumers' minds, that dominate their markets. He offers solid guidance on how to get focused and how to stay focused, laying out a workable blueprint for any company's evolution that will increase market share and shareholder value while ensuring future success.

Focus Heidi Grant Halvorson, Ph.D., E. Tory Higgins Ph.D., 2014-01-28 "A must-read for anyone who wants to understand why they behave as they do." —Art Markman, Ph.D., author of Smart Thinking Do you play to win? Or do you play not to lose? As Tory Higgins and Heidi Grant Halvorson have discovered in their work at Columbia University's Motivation Science Center, everything we do is motivated either by a desire to be better off or to simply hang on to what we've got. And understanding the simple but crucial difference between the two can empower you to motivate yourself and influence everyone around you. Examining how promotion/prevention focus applies across a wide range of situations—from selling products to managing employees to raising children to getting a second date—Halvorson and Higgins show us how to identify, change, and use focus to get the results we want.

Focused Alyson Gerber, 2019-03-26 Following Braced, which had three starred reviews, comes a story of a girl caught between her love of chess and her ADHD. Clea can't control her thoughts. She knows she has to do her homework . . . but she gets distracted. She knows she can't just say whatever thought comes into her head . . . but sometimes she can't help herself. She knows she needs to focus . . . but how can she do that when the people around her are always chewing gum loudly or making other annoying noises? It's starting to be a problem—not just in school, but when Clea's playing chess or just hanging out with her best friend. Other kids are starting to notice. When Clea fails one too many tests, her parents take her to be tested, and she finds out that she has ADHD, which means her attention is all over the place instead of where it needs to be. Clea knows life can't continue the way it's been going. She's just not sure how you can fix a problem that's all in your head. But that's what she's going to have to do, to find a way to focus. In a starred review, called Alyson Gerber's first novel, , a masterfully constructed and highly empathetic debut about a different kind of acceptance. With , she explores even further how, when life gives you a challenge, the best way to face it is with an open mind, an open heart, and the open support of the people around you.

Focus: The Art of Clear Thinking Valerie Pierce, 2014-05-09 Focus is natural. We are born with an instinct to focus on exactly what we want and a very strong pair of lungs to help us to get it. Then, somewhere along the way, we begin to lose that focus. In the digital age we are bombarded with information from all angles and live our lives at such a breakneck pace that it sometimes seems that our lives are completely out of our control. In three easy steps this book teaches the reader how to regain control through the art of clear thinking: 1) FOCUS eliminate information overload 2) TRANSFORM negative thinking into positive action 3) THINK CLEARLY in the moment The author shows how you can use this strategy to achieve your goals in work and in life.

Focus In Photography John Neel, 2016-11-01 Focus is an important artistic tool, directing your viewers into and around your image, but a technical challenge too. In this book, the first serious treatment of the topic in the digital age, John Neel shows how a mastery of your lens will greatly enhance the quality and 'wow' factor of your photographs. Never losing sight of what real-life photographers need to know, Focus in Photography will let you master bokeh and other focus techniques, giving you a complete understanding of optics—and what actually happens to light within the camera in your hand. Richly illustrated with John's own amazing images, and drawing on his well-known authority in the field, it will be a valuable asset to students of

photography, enthusiasts looking to refine their art, product photographers and commercial shooters alike.

Radical Focus Christina Wodtke, 2021-04-15 *Radical Focus* is a must-read for anyone who wants to accomplish out-sized results. Christina does a great job showing both the why and the how of OKRs. Avoid the all-too-common mistakes by reading this book first. - Teresa Torres, author *Continuous Discovery Habits* This book is useful, actionable, and actually fun to read! If you want to get your team aligned around real, measurable goals, *Radical Focus* will teach you how to do it quickly and clearly. - Laura Klein, Principal, Users Know The award-winning author of *The Team That Managed Itself* and *Pencil Me In* returns with a new and expanded edition of her landmark book on OKRs. If you've ever wanted to know how to use OKRs, or why yours might not be working, *Radical Focus* teaches you everything you need to achieve your goals. The author pulls from her experience with Silicon Valley's hottest companies to teach practical insights on OKRs in the form of a fable. When Hanna and Jack receive an ultimatum from the only investor in their struggling tea supply company, they must learn how to employ Objectives and Key Results (OKRs) with radical focus to get the right things done. Using Hanna and Jack's story, Wodtke walks readers through how to inspire a diverse team to work together in pursuit of a single, challenging goal, and how to stay motivated despite setbacks and failures. *Radical Focus* has been translated into six languages and sold more than 50,000 copies. Now, the second edition of her OKR manifesto proves that Wodtke's business strategies are essential in a world where focus seems to be a more and more unreachable goal. The updated version includes 22,000 words of all-new material designed to help OKR users in larger companies create, grade, and manage OKRs in ways that accelerate success and drive rapid organizational learning. Ready to move your team in the right direction? Read this book together, and learn Wodtke's powerful system for attaining your most important goals with radical focus.

How to Focus: 54 Habits, Tools and Ideas to Create Superhuman Focus, Eliminate Distractions, Stop Procrastination and Achieve More W A. V. Mendez, 2020-08-19 Learn How to Master Your Ability to Focus and Capacity to Ignore Distractions Do you feel like you're always distracted and unfocused? Start improving your ability to focus with A.V. Mendez's daily actionable guide that will give you the best ideas to kill distractions and build a habit that will make you more focused and ready to take action. It's easy to get overwhelmed by all the information that we have today. There's no lack of information about Focus and Productivity on Amazon and other platforms. This book isn't just about information, it's about building a habit and implementing a daily action guide that will help you achieve your goals. The goal of *How to Focus* is to help make FOCUS inevitable. The goal of the book is to give you easy-to-apply ideas that stick - not just flash in the pan methods that will stop working a week from now. Specifically, you will learn how to: * The best remedies for distractions that forces you to focus on your task almost instantly * The #1 principle to follow if you want less distractions and more action * The real secret to building a meditation habit that doesn't suck * Why a NOT TO DO list may be better than your classic to-do list * How your environment affects your ability to focus and what you can do about it * Should you multi-task? Is it really dangerous for your productivity? Answered once and for all! * The one practice that you can do that will transform how you work, double your output and make you get things done 2x faster almost overnight... this is so simple you'll kick yourself why you haven't done this in years! You can eliminate information overload and go straight to action by following the HOW TO FOCUS daily plan. You'll discover how you can take massive action in your life by relying on an easy-to-implement daily task that doesn't require willpower, but rather a daily habit that sticks! Learn How to Take Control of Your Ability to Focus and Ignore Distractions by Clicking the Add to Cart Button Now.

Free to Focus Michael Hyatt, 2019-04-09 Everyone gets 168 hours a week, but

it never feels like enough, does it? Work gobbles up the lion's share--many professionals are working as much as 70 hours a week--leaving less and less for rest, exercise, family, and friends. You know, all those things that make life great. Most people think productivity is about finding or saving time. But it's not. It's about making our time work for us. Just imagine having free time again. It's not a pipe dream. In *Free to Focus*, New York Times bestselling author Michael Hyatt reveals to readers nine proven ways to win at work so they are finally free to succeed at the rest of life--their health, relationships, hobbies, and more. He helps readers redefine their goals, evaluate what's working, cut out the nonessentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success.

My Focus Word Journal: Bold: Yearly Focus Word Journal with Prompts and Motivational Quotes Meandering Publishing, 2019-02-09 Pick a Focus Word: Free Your Mind and Turn Bold This 6 by 9 wide ruled journal and notebook will guide you on your path to focus with the word BOLD. Your word will become the lightpost you've been looking for, and every decision will have a lense through which you can choose the right path. Having a focus word for the coming months will teach you about yourself and you'll cherish your word like a close friend. Keeping this one word journal and notebook with you wherever you go will be a breeze, and you'll be able to journal thoughts that come to mind that specifically relate to how your one word is guiding you along and helping you to achieve clarity on your life goals. Focus gives us understanding and direction for which to reach our ultimate potential. Your triumphs will be right around the corner with this one word notebook in hand. Give yourself the gift of done with this journal and notebook for men and women. Within these pages you will be prompted by deep thinking questions and have ample space to write out your thoughts, desires, and grandest dreams. Having a focus word will: Help you will develop a keener eye for growth opportunities Give you the opportunity to hear yourself think and therefore make sense of your thoughts Help you reflect on what has worked for your in the past and what hasn't Give you the courage you need to take action when you need it most And much more... This journal is filled with 120 lined pages and prompts for you to scribe your journey to boldness and in doing so, find direction in this busy world. Scroll up, click buy now. Your destiny awaits.

Message and Emphasis Josef Taglicht, 1984

Focus Groups Graham R. Walden, 2009-10-01 Physicians, health researchers, and nurses make extensive use of focus groups. Thus, researchers and readers need access to the realm of applications of focus group methodology in the wide variety of medical and health sciences. In this second installment of a two-volume examination of ten recent years (1998-2007) of focus group studies and research literature, author Graham R. Walden turns his attention from the arts, humanities, and non-medical sciences to the medical and health sciences, concentrating on a broad range of studies in books, book chapters, and journal articles that are available in English. *Focus Groups, Volume II: A Selective Annotated Bibliography: Medical and Health Sciences* covers over 500 articles on a multitude of topics in the medical and health sciences, such as the health profession and the practice of medicine, public health, and several different bodily systems and types of diseases. The annotations in this bibliography describe the content of a source document to help the reader discern whether pursuit of the full text is appropriate or desirable. This book offers significant benefits to all medical personnel; graduate and undergraduate students; professional focus group practitioners; and individuals seeking increased awareness of studies that have been conducted in the health arena.

Building & Redirecting Your Focus Deede Dumka Deede, 2014-08-19 The book, *Building and Redirecting Your Focus*, is written to people structure their lives the right way. It identifies focus as a major key to purpose discovery, purpose survival and accomplishments. The book underscores the importance of

having a clear mental sight to make positive decisions for maximum impact. It also identifies the acquisition of quality as transportation into transformation and accomplishment. In addition, it considers handling one's perception and understanding efforts and results as critical components in focus building. Finally, the book examines the relevance of self coordination to achieve the highest possible impact and fulfillment in life.

ENC Focus ,1994

Field Methods for Academic Research: Interviews, Focus Groups and Questionnaires 3rd Edition Dan Remenyi,2012-07-12 Interviews, focus groups and questionnaires are everyday tools of the academic researcher in business and management studies. Most research degrees and many academic peer reviewed journal papers have employed one or more of these techniques. Ironically the knowledge and skills required to use these tools are not often well taught and the books available on these topics can be daunting. This highly accessible book addresses these three field methods and explains how they may be employed to good effect. The book also provides examples or research protocols, letters and checklists which are of direct use to researchers using these methods. The new edition includes chapters on data management, data saturation and more. Field Methods for Academic Research provides an accessible reference guide for those, like me, who need to be introduced to these practices in a jargon-free way. Robert Pulley Great job and indeed a very original book. You have got what it takes to reflect both your academic and life experiences that assist many new researchers like myself. George Simataa

Focus , empreender,2021-12-16 Between the busy world and constantly beeping cell phone in your pocket, it may seem impossible to stay focused throughout the day.Although it certainly is a challenge to stay focused in this noisy and distracted world, it's not impossible.With the proper guidance and time management tips, you can learn helpful techniques for staying focused, even when the world around you is noisy.This informative guide will help you stay focused in the modern era. With the help of this guide, you can learn how to stay focused in this noisy, distracted, and digital world

GRASPED Focus Fortress Steven Brough,2024-04-07 GRASPED Focus Fortress: Building Concentration Through Mindfulness is the fourth transformative volume in the GRASPED: The Balanced Path Series. This installment takes readers deeper into Emma's journey towards personal and professional growth, with a particular emphasis on cultivating concentration and mindfulness in an ever-distracting world. Accompanied by Baxter, whose moments of intense focus during play contrast sharply with the distractions of modern life, Emma embarks on a path to build her own fortress of focus. Through engaging narrative, readers are introduced to mindfulness techniques, the science of attention, and practical strategies for enhancing concentration. This book not only explores the challenges of maintaining focus in today's digital age but also provides a blueprint for nurturing a mindful approach to work and life, leading to improved productivity, reduced stress, and a deeper sense of fulfillment. GRASPED Focus Fortress: Building Concentration Through Mindfulness uniquely combines the personal journey of building concentration with actionable mindfulness practices, setting it apart from conventional productivity guides. Through the intertwined stories of Emma and Baxter, it illustrates the power of mindfulness not just as a practice but as a way of living that can dramatically enhance one's focus and productivity. The book's uniqueness lies in its narrative-driven approach to mindfulness and concentration, making it accessible and relatable. Readers are not just informed but are taken on a journey of discovery alongside characters facing real-world challenges, making the process of building focus a deeply personal and engaging experience.

EBOOK: Services Marketing: Integrating Customer Focus Across the Firm Alan Wilson,Valarie Zeithaml,Mary Jo Bitner,Dwayne Gremler,2012-06-16 The Second European Edition of Services Marketing: Integrating Customer Focus Across the

Firm by Wilson, Zeithaml, Bitner and Gremler uniquely focuses on the development of customer relationships through quality service. Reflecting the increasing importance of the service economy, Services Marketing is the only text that put the customer's experience of services at the centre of its approach. The core theories, concepts and frameworks are retained, and specifically the gaps model, a popular feature of the book. The text moves from the foundations of services marketing before introducing the gaps model and demonstrating its application to services marketing. In the second edition, the book takes on more European and International contexts to reflect the needs of courses, lecturers and students. The second edition builds on the wealth of European and International examples, cases, and research in the first edition, offering more integration of European content. It has also be fully updated with the latest research to ensure that it continues to be seen as the text covering the very latest services marketing thinking. In addition, the cases section has been thoroughly examined and revised to offer a range of new case studies with a European and global focus. The online resources have also been fully revised and updated providing an excellent package of support for lecturers and students.

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
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