

# Focus Ball

David A. Ball

**Shiny Ball Syndrome** Souraya Christine,2014-04 In our pursuit of success, in whatever that looks like for you, it is imperative that we learn to focus on a task in order to see it through to completion. Many of us, because of the nature of the times, expect things quickly, without much effort or attention. Unfortunately, this generally doesn't lead us on the path to success. Shiny Ball Syndrome discusses the challenges that I faced with de-cluttering my mind and offers you assistance with fixing your focus.

How to Do Your Own Focus Groups David A. Ball,2001

**Focus On Playing Golf** Zola Tamporello,2021-01-25 In golf, many people continue to repeat myths or what I like to call pseudo-fundamentals. The most detrimental of all of these is the notion of keeping your eye on the ball. This book will reveal what to look for to see if thinking too much is causing you to hit poor shots. It will explain why looking at the ball will have you thinking way too much and then it will show you how to release the athleticism needed to hit the ball far and straight and lower your scores.

*Drop the Ball* Tiffany Dufu,2017-02-14 A bold and inspiring memoir and manifesto from a renowned voice in the women's leadership movement who shows women how to cultivate the single skill they really need in order to thrive: the ability to let go. Once the poster girl for doing it all, after she had her first child, Tiffany Dufu struggled to accomplish everything she thought she needed to in order to succeed. Like so many driven and talented women who have been brought up to believe that to have it all, they must do it all, Dufu began to feel that achieving her career and personal goals was an impossibility. Eventually, she discovered the solution: letting go. In *Drop the Ball*, Dufu recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others—freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home. Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them with no bandwidth to do what will most lead to their success. Offering new perspective on why the women's leadership movement has stalled, and packed with actionable advice, Tiffany Dufu's *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others—only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

**Anetso, the Cherokee Ball Game** Michael J. Zogry,2010-07-22 Anetso, a centuries-old Cherokee ball game still played today, is a vigorous, sometimes violent activity that rewards speed, strength, and agility. At the same time, it is the focus of several linked ritual activities. Is it a sport? Is it a religious ritual? Could it possibly be both? Why has it lasted so long, surviving through centuries of upheaval and change? Based on his work in the field and in the archives, Michael J. Zogry argues that members of the Eastern Band of Cherokee Nation continue to perform selected aspects of their cultural identity by engaging in anetso, itself the hub of an extended ceremonial complex, or cycle. A precursor to lacrosse, anetso appears in all manner of Cherokee cultural narratives and has figured prominently in the written accounts of non-Cherokee observers for almost three hundred years. The anetso ceremonial complex incorporates a variety of activities which, taken together, complicate standard scholarly distinctions such as game versus ritual, public display versus private performance, and tradition versus innovation. Zogry's examination provides a striking opportunity for rethinking the understanding of ritual and performance as well as their relationship to cultural identity. It also offers a sharp reappraisal of scholarly discourse on the Cherokee religious system, with particular focus on the Eastern Band of Cherokee Nation.

Photography and Focus ,1917

**The Ball** John Fox,2012-05-15 Anthropologist John Fox sets off on a worldwide adventure to the farthest reaches of the globe and the deepest recesses of our ancient past to answer a question inspired by his sports-loving son: Why do we play ball? From Mexican jungles to the small-town

gridirons of Ohio, from medieval villages and royal courts to modern soccer pitches and baseball parks, *The Ball* explores the little-known origins of our favorite sports across the centuries, and traces how a simple invention like the ball has come to stake an unrivaled claim on our passions, our money, and our lives. Equal parts history and travelogue, *The Ball* removes us from the scandals and commercialism of today's sports world to uncover the true reasons we play ball, helping us reclaim our universal connection to the games we love.

**Energy Balls** Christal Sczebel, 2017-02-28 Vegan, no-bake, gluten-free, bite-sized eats for breakfast, lunch, and anytime you need a brain or body boost—or even a relaxing bedtime snack. This little cookbook packs a big punch with 100 delicious recipes for no-bake energy balls designed to deliver a targeted blast of energy for different activities at any hour. Crafted with whole ingredients, superfoods, and all-natural proteins, each vegan and gluten-free bite-size treat offers the perfect nutritional boost. Extra protein, nuts, and seeds give athletes a high-energy hit; dark chocolate and green tea help students concentrate and focus; ginger lets the overstressed wind down at the end of a long day. And, kids will love them tucked into their lunch boxes. They are as easy to make as they are good to eat—good-bye processed and packaged sports bars!

**Heal Yourself with Qigong** Suzanne B. Freidman, 2009 In *Heal Yourself with Qigong*, acupuncturist and qigong expert Suzanne Friedman presents traditional Chinese energy techniques that renew energy and vitality, soothe the spirit, and calm the mind.

**Elements of Chemistry** John Lee Comstock, 1840

**The Ball** Todd Whitaker, 2010 Through this heartwarming parable, bestselling author Todd Whitaker reminds you of the importance of keeping your focus and remaining true to yourself. When a veteran teacher and former student reunite, they confront the separate and unique challenges that have knocked them off course. Through each other, they find their way back on track with a message that will resonate with everyone. This moving story: Leads you to reflect on whether you've taken your eye off the ball Helps you confront your own personal and professional priorities Challenges you to prioritize the things you value most Engages you with a beautiful visual narrative Includes closing questions for further book study or self-reflection *The Ball* tells the story of a declining business from the perspectives of the new owner, Bill, and a former customer, Annie, who happens to be his former teacher. The lesson of the book is to stay focused on your priorities keep your eye on the ball in both your professional and personal life.

**Zachary's Ball** Matt Tavares, 2012-02-14 Dad takes Zachary to his first Boston Red Sox game, where they catch a ball and something magical happens.

*English Mechanic and World of Science*, 1913

**Late to the Ball** Gerald Marzorati, 2017-05-02 An award-winning author shares the inspiring and entertaining account of his pursuit to become a nationally competitive tennis player—at the age of sixty. Being a man or a woman in your early sixties is different than it was a generation or two ago, at least for the more fortunate of us. We aren't old.

*The Clear Focus Initiative* George Hohbach, 2022-01-25 The Clear Focus Initiative: based on excerpts from George Hohbach's book "Why Symmetry Runs the Positive Circular Economy", the Clear Focus Initiative demonstrates: Albert Einstein scientifically revealed that simple LOCAL SYMMETRY is the core principle of Nature, i.e., the cosmos. This is the principle that humanity needs maximum conscious clarity about. Local Symmetry is infinitely rich and inherently circular. This empowers each individual and consequently humanity as a whole with 3 simple, nature-based organizing principles to see with holistic awareness how a prosperous, eco-intelligent future for all planet, people, business, AI can be realized right now. The 3 steps of awareness to fully and clearly resonate & reconnect with Nature: Why local symmetry dictates Nature's holistic design (order) How local symmetry underpins biodiversity and informs the nature-based, holistic design of the eco-intelligent Circular Economy—from regenerative agriculture to product design and manufacturing to AI How local symmetry is the core principle of Natural Law—centering around the local individual—and provides first-principle-based, measurable guidance for International Environmental Law, or simply conscious, holistic behavior

## **A System of Natural Philosophy** John Lee Comstock,1847

First book of heat, light and optics, and electricity, by J.L. Comstock and R.D. Hoblyn John Lee Comstock,Richard Dennis Hoblyn,1846

The BIG Secret Mary L. Magner,2013 If your friend has a secret, you want to know what it is, right? But when Charlie learns Ford's big secret, he's shocked. He wishes he didn't know it. This story pushes a secret into Charlie and Ford's friendship. It's a secret many kids have, but they couldn't tell anybody-until now. The BIG Secret shows two boys how trusting each other makes them become real friends.

## **Mental Handicaps in Golf** Theophilus Bulkeley Hyslop,1927

**The Breaking Point** Karen Ball,2009-09-30 Caught in a blizzard, they expected to fight for their lives. What they didn't expect was a miracle... Renee and Gabe Roman are on the edge—relationally and spiritually. Both believe they are followers of Christ who know God. So why is their marriage so difficult? After years of struggle, they wonder if it's all been for nothing. Then, on an anniversary trip to a remote resort, their truck hurtles down the side of a mountain. Suddenly, they find themselves at the mercy of the rugged Oregon wilderness, forced to fight for survival by relying on each other. But both must surrender their last defenses if they are to come home at last—to God and to each other. Can the Romans overcome their greatest obstacle—theirself—in time?

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