

Focusde

Alyson Gerber

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 know 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.

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 (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.

Finally Focused James Greenblatt, M.D., Bill Gottlieb, CHC, 2017-05-09
DISCOVER THE ADHD SOLUTION FOR YOUR CHILD Dr. James Greenblatt has seen thousands of children and adults struggling with the symptoms of ADHD – hyperactivity, inattentiveness, impulsiveness, and often irritability and combativeness. Rather than simply prescribing medication for their ADHD symptoms, he tailors remedies to his patients' individual needs, detecting and treating the underlying causes of the disorder. *Finally Focused* provides proven natural and medical methods to easily treat problems such as nutritional deficiencies or excesses, dysbiosis (a microbial imbalance inside the body), sleeping difficulties, and food allergies, all of which surprisingly can cause or worsen the symptoms of ADHD. Using Dr. Greenblatt's effective Plus-Minus Healing Plan, parents will first understand the reasons

behind their child's symptoms, and then be able to eliminate them by addressing the child's unique pattern of biological weakness. Adults with ADHD can do the same for themselves. And if conventional medication is still necessary, this integrative approach will minimize or even eliminate troublesome side effects. Using Dr. Greenblatt's expert advice, millions of children and adults with ADHD finally will get the help they need to achieve true wellness.

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

Focused for Bowling Dean R. Hinitz,2003 Learn mental techniques professional bowlers use to perform their best and build high averages. Focused for Bowling includes game-tested strategies to help you pick up spares more consistently, recover from and avoid slumps, and get more satisfaction from each trip to the alley.

Solution Focused Brief Therapy Harvey Ratner,Evan George,Chris Iveson,2012-07-26 Solution Focused Brief Therapy: 100 Key Points and

Techniques provides a concise and jargon-free guide to the thinking and practice of this exciting approach, which enables people to make changes in their lives quickly and effectively. It covers: The history and background to solution focused practice The philosophical underpinnings of the approach Techniques and practices Specific applications to work with children and adolescents, (including school-based work) families, and adults How to deal with difficult situations Organisational applications including supervision, coaching and leadership. Frequently asked questions This book is an invaluable resource for all therapists and counsellors, whether in training or practice. It will also be essential for any professional whose job it is to help people make changes in their lives, and will therefore be of interest to social workers, probation officers, psychiatric staff, doctors, and teachers, as well as those working in organisations as coaches and managers.

Braced Alyson Gerber, 2017-03-28 The first contemporary novel about a disease that bends the lives of ten percent of all teenagers: scoliosis. Rachel Brooks is excited for the new school year. She's finally earned a place as a forward on her soccer team. Her best friends make everything fun. And she really likes Tate, and she's pretty sure he likes her back. After one last appointment with her scoliosis doctor, this will be her best year yet. Then the doctor delivers some terrible news: The sideways curve in Rachel's spine has gotten worse, and she needs to wear a back brace twenty-three hours a day. The brace wraps her in hard plastic from shoulder blades

to hips. It changes how her clothes fit, how she kicks a ball, and how everyone sees her -- even her friends and Tate. But as Rachel confronts all the challenges the brace presents, the biggest change of all may lie in how she sees herself. Written by a debut author who wore a brace of her own, *Braced* is the inspiring, heartfelt story of a girl learning to manage the many curves life throws her way.

Stolen Focus Johann Hari, 2022-01-25 NEW YORK TIMES BESTSELLER • Our ability to pay attention is collapsing. From the author of *Chasing the Scream* and *Lost Connections* comes a groundbreaking examination of why this is happening—and how to get our attention back. “The book the world needs in order to win the war on distraction.”—Adam Grant, author of *Think Again* “Read this book to save your mind.”—Susan Cain, author of *Quiet* WINNER OF THE PORCHLIGHT BUSINESS BOOK AWARD • ONE OF THE BEST BOOKS OF THE YEAR: The Wall Street Journal, Financial Times, New York Post, Mashable, Mindful In the United States, teenagers can focus on one task for only sixty-five seconds at a time, and office workers average only three minutes. Like so many of us, Johann Hari was finding that constantly switching from device to device and tab to tab was a diminishing and depressing way to live. He tried all sorts of self-help solutions—even abandoning his phone for three months—but nothing seemed to work. So Hari went on an epic journey across the world to interview the leading experts on human attention—and he discovered that everything we think we know about this crisis is wrong. We think our inability to focus is

a personal failure to exert enough willpower over our devices. The truth is even more disturbing: our focus has been stolen by powerful external forces that have left us uniquely vulnerable to corporations determined to raid our attention for profit. Hari found that there are twelve deep causes of this crisis, from the decline of mind-wandering to rising pollution, all of which have robbed some of our attention. In *Stolen Focus*, he introduces readers to Silicon Valley dissidents who learned to hack human attention, and veterinarians who diagnose dogs with ADHD. He explores a favela in Rio de Janeiro where everyone lost their attention in a particularly surreal way, and an office in New Zealand that discovered a remarkable technique to restore workers' productivity. Crucially, Hari learned how we can reclaim our focus—as individuals, and as a society—if we are determined to fight for it. *Stolen Focus* will transform the debate about attention and finally show us how to get it back.

Focused Karla Sorensen, 2023-07-13 You know the hot neighbor boy you crushed on all your teenage years? Imagine seeing him ten years later and he turns out to be a complete jerk, then you know how I feel. Our last encounter was awkward, given I'd climbed into his bedroom window to turn my unrequited crush into something ... requited. That day was bad enough, but things just got worse. Noah Griffin turned himself into one of the best football players in the country and a transfer to the Washington Wolves- the team I work for- lands him on my doorstep. The timing couldn't be worse, because my boss just

handed me the opportunity of a lifetime. And that promotion rides squarely on Noah's big, muscular, condescending shoulders. He wants nothing to do with me, and the feeling is so very mutual. But for the sake of my career, I can ignore all those things about him that drive me insane. His eyes. His mouth. His big, big ... hands. Until one day, we can't ignore them anymore. You know what they say about the line between love and hate though? They're so very right.

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.

ConZentrate Sam Horn, 2001-02-06 If you ever feel: cluttered, scattered, distracted, unfocused, disorganized, preoccupied, overwhelmed, out of control, out of your mind... you can change your life! ConZentrate shows you how to master the art of paying attention, in thirty-five clear, practical, simple ways. Whether it's how to focus on a tedious task when the office is buzzing around you, or how to stop procrastinating, or how to keep your home from being a place of overwhelming clutter-- or even how to tackle the challenges of A.D.D.-- Sam Horn's user-friendly book will inspire you to learn how to concentrate, and discover the key to peak performance.

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.

Principles-Focused Evaluation Michael Quinn Patton, 2017-09-28 How can programs and organizations ensure they are adhering to core principles--and assess whether doing so is yielding desired results? From evaluation pioneer Michael Quinn Patton, this book introduces the principles-focused evaluation (P-FE) approach and demonstrates its relevance and application in a range of settings. Patton explains why principles matter for program development and evaluation and how they can serve as a rudder to navigate the uncertainties, turbulence, and emergent challenges of complex dynamic environments. In-depth exemplars illustrate how the unique GUIDE framework is used to determine whether principles provide meaningful guidance (G) and are useful (U), inspiring (I), developmentally adaptable (D), and evaluable (E). User-friendly features include rubrics, a P-FE checklist, firsthand reflections and examples from experienced P-FE practitioners, sidebars and summary tables, and end-of-chapter application exercises. ̈

Flexible and Focused Adel C. Najdowski, 2017-01-12 *Flexible and Focused: Teaching Executive Function Skills to Individuals with Autism and Attention Disorders* is a manual written for individuals who work with learners who struggle with executive function deficits. The manual takes the perspective

that executive function skills can be improved through effective intervention, just like any other skills. This how-to manual provides practical strategies for teaching learners to be focused, organized, flexible, and able to effectively manage themselves. Ready-to-use lessons, data sheets, worksheets, and other tools for practitioners, educators, and parents are provided to help them tackle common problems associated with executive function deficits in learners of any diagnosis, ages 5 to adult. The principles of applied behavior analysis (ABA), which form the foundation of this manual, are translated into simple, easy-to-use procedures. Lessons for improving executive function skills in real-life everyday situations are provided in the following areas: Self-awareness Inhibition and impulse control Self-management Attention Organization Problem solving Time management Planning Working memory Emotional self-regulation Flexibility Provides an overview of what constitutes executive function skills Outlines how techniques based on applied behavior analysis can be used to teach skills Presents step-by-step lessons for practitioners, educators, and parents to implement with individuals with executive function deficits Includes data sheets, task analyses, worksheets, and visual aids

The Focused Organization Antonio Nieto-Rodriguez, 2016-03-16 In *The Focused Organization* Antonio Nieto-Rodriguez shows you how fewer, more effectively elected and managed projects are the key to strategic and long-term success. Using his own research and work experience he explains how and why those

organizations that focus on just a few key initiatives can perform significantly better than unfocused organizations, not only financially but also in achieving their strategic objectives and motivating their staff. The author introduces a new way of looking at a company through two very different and often conflicting dimensions: running-the-business and changing-the-business. What you add to one dimension you have to subtract from the other one. Finding the right balance between these two dimensions represents one of the major challenges to successful strategy execution. Becoming a focused organization involves a radical change in the way companies are organized and the way they select and manage projects - the creation of a new culture. The Focused Organization discusses the characteristics that comprise a focused organization. It describes key areas where a focused organization builds its levels of maturity; provides examples of focused organizations that outperform the rest; and explains in practical steps how all enterprises can become focused. The book finishes with a unique and inspiring case study that transports us to the early days of the current business world. Through the main character, Benny White, we learn how a business was conducted and how management evolved over decades with the introduction of business theories, including project management.

Coaching Plain & Simple: Solution-focused Brief Coaching Essentials Kirsten Dierolf, Daniel Meier, Peter Szabó, 2009-03-30 An easy-to-read, pocket-sized primer on brief coaching basics. This is a highly practical and condensed

introduction to solution-focused coaching, offering a simple and clear structure for coaching sessions that is easy to learn. Content is illuminated through exemplary dialogues from real coaching sessions and bullet-point toolboxes for greater variety of choice. Narrative explanations create a helpful framework for understanding the general idea of coaching and the practicalities of the solution focused approach. Several illustrating graphs and symbols give the book an easy to read, light touch. The book targets beginners in coaching who are looking for simple guidance and step-by-step ideas in their learning process. Topics include: What is coaching? • Coaching—simple, concise and effective • Overview: Major elements of the coaching conversation • Contracting—before you start • Coaching agreement for the first session • Preferred Future • Resources and forerunners of solutions • Small steps and clues of upcoming progress • Session conclusion • Follow-up sessions • Brief coaching of executives—three examples • Beyond technique—continuous learning as a coach

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.

Learning Solution-Focused Therapy Anne Bodmer Lutz, B.S.N., M.D., 2013-11-06
Solution-focused therapy is an evidenced-based practice that focuses on creating conversations that build solutions, rather than solve problems. Learning Solution-Focused Therapy: An Illustrated Guide teaches readers how to practice and become competent in conducting solution-focused therapy, an area of growing interest as the emphasis on brief therapy increases. Critical to the book's learning strategy is the generous use of case illustrations that are detailed, rich, and instructive without being overly didactic. The case approach provides an effective means for seeing concepts put into practice, and since medicine is becoming more patient-focused, the solution-focused therapy model is highly relevant. Organized to show how a solution-focused interview is conducted, the book presents the basic model and goes on to apply this model in psychopharmacology, addiction, supervision and consultation. Each chapter combines readings, solution-focused questions, case illustrations, learning exercises and video demonstrations (available online), which together constitute a comprehensive course in this therapeutic modality. Moreover, the author's conversational writing style makes the tenets and techniques accessible and interesting to a wide variety of

clinicians. Learning Solution-Focused Therapy: An Illustrated Guide will appeal to clinicians who wish to enhance their skills and support their patients' growth in a positive way.

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.

Uncover the mysteries within is enigmatic creation, **Focusde** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

Table of Contents Focusde

1. Understanding the eBook Focusde
 - The Rise of Digital Reading Focusde
 - Advantages of eBooks Over Traditional Books
2. Identifying Focusde
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Focusde
 - User-Friendly Interface
4. Exploring eBook Recommendations from Focusde
 - Personalized Recommendations
 - Focusde User Reviews and Ratings
 - Focusde and Bestseller Lists
5. Accessing Focusde Free and Paid eBooks
 - Focusde Public Domain eBooks
 - Focusde eBook Subscription Services
 - Focusde Budget-Friendly Options
6. Navigating Focusde eBook Formats
 - ePub, PDF, MOBI, and More
 - Focusde Compatibility with Devices
 - Focusde Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Focusde
 - Highlighting and Note-Taking

- Focusde
 - Interactive Elements Focusde
- 8. Staying Engaged with Focusde
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Focusde
- 9. Balancing eBooks and Physical Books Focusde
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Focusde
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Focusde
- Setting Reading Goals Focusde
- Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Focusde
 - Fact-Checking eBook Content of Focusde
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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