

PRACTICING MIND



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In The Practicing Mind, Tom Sterner achieves a rare combination: he provides not just a clear set of practical steps for creating focused effort but also a theoretical background that can help us to reframe our expectations and values so that we can keep in perspective the difference between process and product, progress and goals.

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The practicing mind is a good book that I would recommend to anybody interested in self improvement. The idea is based on Zen and on being process oriented. The message it's trying to give out is: to stay in the present moment. The practicing mind got it's title I assume when we are focused on the actual process instead of the overarching goal.

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"The Practicing Mind" is a short, no-fluff book that offers powerful lessons on self-discipline and better practice. My key takeaways:-If you slow down and act deliberately, the results will come.

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THE PRACTICING MIND enables those of us immersed in the Western world's constant motion and hubbub to slow down, check within, and grow. The nine chapters detail in depth the steps to mastering any skill or achieving any goal.

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Practicing Mind by Thomas Sterner Derek Sivers

Practice is not just for artistic or athletic skill, but practicing patience, practicing communication, practicing anything you do in life. The process/practice itself is the real goal, not the outcome. Derek Sivers. Practicing Mind - by Thomas Sterner then take half an hour to sit down in a chair and do nothing else but go through the

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Thomas Sterner Welcome to The Practicing Mind Institute

The Practicing Mind is quiet; it is not silent though because any activity contains thoughts. It is absorbed in the present moment. This comes from an awareness of the goal but at the same time a detachment from the moment it will be reached.

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Book Summary The Practicing Mind by Thomas M Sterner

The Practicing Mind summary This is my book summary of The Practicing Mind by Thomas M. Sterner. My notes are informal and often contain quotes from the book as well as my own thoughts.

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Book Summary The Practicing Mind by Thomas M Sterner

The Practicing Mind Summary Real peace and contentment in our lives come from realizing that life is a process to engage in, a journey down a path that we can choose to experience as magical .

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The Practicing Mind Thomas Sterner You are Perfect in

The Practicing Mind Official Website The new Practicing Mind Institute website should be up by mid-fall, 2014. It will have several downloadable products which will include some audio/video lectures Tom has done.

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The Practicing Mind Quotes by Thomas M Sterner

The Practicing Mind Quotes Showing 1-27 of 27 Progress is a natural result of staying focused on the process of

doing anything. Thomas M. Sterner, The Practicing Mind: Bringing Discipline and Focus into Your Life
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Tom Sterner Author of the The Practicing Mind and Fully

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