



Can I Have Your Attention: How to Think Fast, Find Your Focus, and Sharpen Your Concentration

By Joseph Cardillo

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Can I Have Your Attention? is not your traditional self-help book that offers 12 simple steps to enhance brainpower. Nor is it a book on Eastern Wisdom, spirituality, or conventional meditation. It is an eye-popping adventure that combines ancient, high-speed attention-building processes with cutting-edge attention research in psychology, neurology, and biology. Through Joseph Cardillo's engaging personal account of the world of human attention which synthesizes the stories of more than two dozen experts you will uncover surprising secrets about the workings of your own mind. Did you know that: * You can use your attention to perfect any daily activity from piano playing to work related activities to perfecting your golf swing? In just one-six-hundredth of a second, a random detail you glimpse in the corner of your eye can determine whether you like someone you just met, cause or avoid an accident, make you feel happy or depressed all day, and lead you to succeed or fail at anything you try? Specifically designed meditation techniques can be used to scan and shift brain waves, altering one s...



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- **Justus Hettinger**