



Focus: Desarrollar La Atencion Para Alcanzar La Excelencia



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Focus: Desarrollar La Atencion Para Alcanzar La Excelencia

Professor Daniel Goleman PhD PhD

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In this highly anticipated book, psychologist and journalist Daniel Goleman, author of the international bestseller "Emotional Intelligence," offers a radically new view of a scarce and undervalued resource within our society, a secret to excellence: attention. People who reach their maximum performance, whether it s in school, business, sports, or the arts, are those who are skillful at both focusing and meditating. Combining cutting-edge research with practical knowledge, "Focus" digs into the science behind attention in all its varieties internal and external focus. In the era of endless distractions, Goleman argues that now, more than ever before, we must learn to focus our attention. It is necessary to form a sense of self-control to improve empathy and to understand the complex world we live in."

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359 pages

About the Author

Daniel Goleman is the author of "Emotional Intelligence," one of the longest-lived and boldest bestsellers of recent years. He has written about behavioral and brain sciences for the "New York Times" for 12 years and was nominated twice for the Pulitzer Prize. He currently serves as president of the Consortium for Research of Emotional Intelligence at Rutgers University and is also a member of the American Association for the Advancement of Science.

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