

Rapt Attention And The Focused Life Pdf

James D. Herbert, Evan M. Forman

Rapt Winifred Gallagher, 2009-04-16 A revolutionary look at how what we pay attention to determines how we experience life Acclaimed behavioral science writer Winifred Gallagher's *Rapt* makes the radical argument that much of the quality of your life depends not on fame or fortune, beauty or brains, fate or coincidence, but on what you choose to pay attention to. *Rapt* introduces a diverse cast of characters, from researchers to artists to ranchers, to illustrate the art of living the interested life. As their stories show, by focusing on the most positive and productive elements of any situation, you can shape your inner experience and expand your world. By learning to focus, you can improve your concentration, broaden your inner horizons, and most important, feel what it means to be fully alive.

How the Post Office Created America Winifred Gallagher, 2016-06-28 A masterful history of a long underappreciated institution, *How the Post Office Created America* examines the surprising role of the postal service in our nation's political, social, economic, and physical development. The founders established the post office before they had even signed the Declaration of Independence, and for a very long time, it was the U.S. government's largest and most important endeavor—indeed, it was the government for most citizens. This was no conventional mail network but the central nervous system of the new body politic, designed to bind thirteen quarrelsome colonies into the United States by delivering news about public affairs to every citizen—a radical idea that appalled Europe's great powers. America's uniquely democratic post powerfully shaped its lively, argumentative culture of uncensored ideas and opinions and made it the world's information and communications superpower with astonishing speed. Winifred Gallagher presents the history of the post office as America's own story, told from a fresh perspective over more than two centuries. The mandate to deliver the mail—then “the media”—imposed the federal footprint on vast, often contested parts of the continent and transformed a wilderness into a social landscape of post roads and villages centered on post offices. The post was the catalyst of the nation's transportation grid, from the stagecoach lines to the airlines, and the lifeline of the great migration from the Atlantic to the Pacific. It enabled America to shift from an agrarian to an industrial economy and to develop the publishing industry, the consumer culture, and the political party system. Still one of the country's two major civilian employers, the post was the first to hire women, African Americans, and other minorities for positions in public life. Starved by two world wars and the Great Depression, confronted with the country's increasingly anti-institutional mind-set, and struggling with its doubled mail

volume, the post stumbled badly in the turbulent 1960s. Distracted by the ensuing modernization of its traditional services, however, it failed to transition from paper mail to email, which prescient observers saw as its logical next step. Now the post office is at a crossroads. Before deciding its future, Americans should understand what this grand yet overlooked institution has accomplished since 1775 and consider what it should and could contribute in the twenty-first century. Gallagher argues that now, more than ever before, the imperiled post office deserves this effort, because just as the founders anticipated, it created forward-looking, communication-oriented, idea-driven America.

New Winifred Gallagher, 2013-09-24 An exploration of how humans respond to novelty from the New York Times—bestselling author of *Rapt* Why are we attuned to the latest headline, diet craze, smartphone, and fashion statement? Why do we relish a change of scene, eye attractive strangers, and develop new interests? Follow a crawling baby around and you'll see that right from the beginning, nothing excites us more than something new and different. Our unique human brains are biologically primed to engage with and even generate novelty. This “neophilia” has enabled us to thrive in a world of cataclysmic change, but now we confront an unprecedented deluge of new things—one that shows no sign of slowing. In New acclaimed behavioral science writer Winifred Gallagher, using cutting-edge research and interviews with countless experts, shows us how we can use our adaptive gift to navigate more skillfully through our rapidly changing world by focusing on the new things that really matter.

Acceptance and Mindfulness in Cognitive Behavior Therapy James D. Herbert, Evan M. Forman, 2011-02-25 Praise for Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies One of the most fruitful aspects of the encounter between classical Buddhist knowledge and modern science has been the emergence of new therapeutic and educational approaches that integrate contemplative practice, such as mindfulness, and contemporary psychology methods, such as those of cognitive therapy. The systematic approach of this book, wherein the insights of both classical Buddhist and contemporary psychology are integrated, represents a most beneficial and powerful method of ensuring a healthy mind and heart. —His Holiness the Dalai Lama What has been missing in the midst of partisan battles between orthodox CBT therapists and enthusiastic proponents of newer acceptance/mindfulness approaches is a reasoned, scientifically grounded discourse that would help researchers and clinicians alike sort through the various claims and counterclaims. This book, skillfully conceived and edited by James Herbert and Evan Forman, provides just such a sober and open-minded appraisal of a trend that has sometimes suffered both from too much hype from one side and too sweeping a rejection by the other. This volume encourages careful consideration of both positions and can advance evidence-based psychosocial therapy both conceptually and procedurally to the benefit of all. —From the Foreword by Gerald C. Davison, PhD, University of Southern California Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies brings together a renowned group of leading figures in CBT who address key issues and topics,

including: Mindfulness-based cognitive therapy Metacognitive therapy Mindfulness-based stress reduction Dialectical behavior therapy Understanding acceptance and commitment therapy in context

A Little Life Hanya Yanagihara, 2015-03-10 NEW YORK TIMES BESTSELLER • A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. NATIONAL BOOK AWARD FINALIST • MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara’s stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara’s latest bestselling novel, *To Paradise*.

Mind in the Balance B. Alan Wallace, 2014-09-02 By establishing a dialogue in which the meditative practices of Buddhism and Christianity speak to the theories of modern philosophy and science, B. Alan Wallace reveals the theoretical similarities underlying these disparate disciplines and their unified approach to making sense of the objective world. Wallace begins by exploring the relationship between Christian and Buddhist meditative practices. He outlines a sequence of meditations the reader can undertake, showing that, though Buddhism and Christianity differ in their belief systems, their methods of cognitive inquiry provide similar insight into the nature and origins of consciousness. From this convergence Wallace then connects the approaches of contemporary cognitive science, quantum mechanics, and the philosophy of the mind. He links Buddhist and Christian views to the provocative philosophical theories of Hilary Putnam, Charles Taylor, and Bas van Fraassen, and he seamlessly incorporates the work of such physicists as Anton Zeilinger, John Wheeler, and Stephen Hawking. Combining a concrete analysis of conceptions of consciousness with a guide to cultivating mindfulness and profound contemplative practice, Wallace takes the scientific and intellectual mapping of the mind in exciting new directions.

The Great Mental Models, Volume 1 Shane Parrish, Rhannon Beaubien, 2024-10-15 Discover the essential thinking tools you’ve been missing with The Great Mental Models series by Shane Parrish, New York Times bestselling author and the mind behind the acclaimed Farnam Street blog and “The Knowledge Project” podcast. This first book in the series is your guide to learning the crucial thinking tools nobody ever taught you. Time and time again, great thinkers such as Charlie Munger and Warren Buffett have credited their success to mental models—representations of how something works that can scale onto other fields. Mastering a small number of mental models enables you to rapidly grasp new information, identify patterns others miss, and avoid the common mistakes that hold people back. The Great Mental Models: Volume 1, General Thinking Concepts shows you how making a few tiny changes in the way you think can deliver big results. Drawing on examples from

history, business, art, and science, this book details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making and productivity. This book will teach you how to: Avoid blind spots when looking at problems. Find non-obvious solutions. Anticipate and achieve desired outcomes. Play to your strengths, avoid your weaknesses, ... and more. The Great Mental Models series demystifies once elusive concepts and illuminates rich knowledge that traditional education overlooks. This series is the most comprehensive and accessible guide on using mental models to better understand our world, solve problems, and gain an advantage.

New Women in the Old West Winifred Gallagher, 2021-07-20 A riveting history of the American West told for the first time through the pioneering women who used the challenges of migration and settlement as opportunities to advocate for their rights, and transformed the country in the process Between 1840 and 1910, hundreds of thousands of men and women traveled deep into the underdeveloped American West, lured by the prospect of adventure and opportunity, and galvanized by the spirit of Manifest Destiny. Alongside this rapid expansion of the United States, a second, overlapping social shift was taking place: survival in a settler society busy building itself from scratch required two equally hardworking partners, compelling women to compromise eastern sensibilities and take on some of the same responsibilities as their husbands. At a time when women had very few legal or economic--much less political--rights, these women soon proved they were just as essential as men to westward expansion. Their efforts to attain equality by acting as men's equals paid off, and well before the Nineteenth Amendment, they became the first American women to vote. During the mid-nineteenth century, the fight for women's suffrage was radical indeed. But as the traditional domestic model of womanhood shifted to one that included public service, the women of the West were becoming not only coproviders for their families but also town mothers who established schools, churches, and philanthropies. At a time of few economic opportunities elsewhere, they claimed their own homesteads and graduated from new, free coeducational colleges that provided career alternatives to marriage. In 1869, the men of the Wyoming Territory gave women the right to vote--partly to persuade more of them to move west--but with this victory in hand, western suffragists fought relentlessly until the rest of the region followed suit. By 1914 most western women could vote--a right still denied to women in every eastern state. In *New Women in the Old West*, Winifred Gallagher brings to life the riveting history of the little-known women--the White, Black, and Asian settlers, and the Native Americans and Hispanics they displaced--who played monumental roles in one of America's most transformative periods. Like western history in general, the record of women's crucial place at the intersection of settlement and suffrage has long been overlooked. Drawing on an extraordinary collection of research, Gallagher weaves together the striking legacy of the persistent individuals who not only created homes on weather-wracked prairies and built communities in muddy mining camps, but also played a vital, unrecognized role in the women's rights movement and forever redefined the American woman.

The Circle Dave Eggers, 2013-10-10 NOW A MAJOR MOTION PICTURE starring Tom Hanks, Emma Watson and John Boyega THE NEW YORK TIMES BESTSELLER - a dark, thrilling and unputdownable novel about our obsession with the internet 'Prepare to be addicted' Daily Mail 'A gripping and highly unsettling read' Sunday Times 'The Circle is 'Brave New World' for our brave new world... Fast, witty and troubling' Washington Post When Mae is hired to work for the Circle, the world's most powerful internet company, she feels she's been given the opportunity of a lifetime. Run out of a sprawling California campus, the Circle links users' personal emails, social media, and finances with their universal operating system, resulting in one online identity and a new age of transparency. Mae can't believe her great fortune to work for them - even as life beyond the campus grows distant, even as a strange encounter with a colleague leaves her shaken, even as her role at the Circle becomes increasingly public ... 'An elegantly told, compulsively readable parable for the 21st Century' Vanity Fair 'Immensely readable and very timely' Metro 'Prescient, important and enjoyable . . . a deft modern synthesis of Swiftian wit with Orwellian prognostication' Guardian

Working on God Winifred Gallagher, 2010-10-06 Why do I exist? Is this all there is? What is my true nature? What is most important in life? How should I live? These are humanity's oldest spiritual questions. At the year 2000, however, many who ask them are profoundly estranged from religion. To some, religion is belief in the unbelievable--incom-patible with intelligence and learning. To others, it's just another bureaucratic institution--legalistic, hypo-critical, untrustworthy. Still others have been alienated by their birth traditions, while an increasing number lack any such grounding. What unites this diverse group of skeptical, ambivalent neoagnostics is a sense of something deep and vital that eludes the reach of their intellect and education and an inchoate desire for meaning. A half-century of the great secular experiment of Einstein, Marx, and Freud has proved that if religion--the record of our struggle to understand existence and behave accordingly--has grave flaws, so do the materialistic faiths that were intended to replace it. After looking for answers in some obvious places, from relationships and accomplishment to art and science, Winifred Gallagher realized that she had not seriously considered religion since childhood's version of Christianity collided with a college education. Asking the question What if religion could be about something else? she decided to explore her own heritage, as well as Buddhism, Judaism, and the New Age. She discovered a vast, quiet, millennial spiritual revolution that is transforming religion into a process of moving toward--and struggling with--the sacred. Transcending denom-inational boundaries, this new sensibility embraces modern realities from physics to psychiatry, addresses existential questions, values personal experience over institutional authority, draws insights from multiple traditions, welcomes women as clergy and teachers, and expands morality beyond the personal to the systemic, from economics to ecology. A reporter of behavioral science, Winifred Gallagher began her investigation of postmodern religion with research and interviews, but watched it also become a very personal story of epektasis--straining toward mystery. Journalism and journey unfold over time spent in a Zen monastery and a cloistered convent, small-group discussions

and healing rituals, a Conservative synagogue that shares a Christian church, and the birthplace of the New Age. Written with humor, empathy, and a rigorous curiosity, *Working on God* breaks new ground in depicting the broad-based spiritual move-ment that is transforming culture as well as religion.

Who Says You Can't? You Do Daniel Chidiac, 2013-03-26 A word-of-mouth phenomenon that's changing lives around the world--a journey into your true self and amazing potential. Do you want to change your life? Well, who says you can't? A moment came in Daniel Chidiac's life when he realized he wasn't living his truth. His work didn't fulfill him, his relationships hurt him, and he was making choices that didn't align with his true values. But he did have the ability to know his own purpose--a gift we all have--and thus his journey began. Daniel studied the lives of great achievers, sought guidance from spiritual leaders, and discovered the secrets for shaping one's own destiny. He used his personal experience of changing his life to create this powerful seven-step guide to discovering your true self, committing to your own life, and pushing beyond your known limits. Standing out for his incisive wisdom and complete lack of gimmicks, Daniel Chidiac is an inspiring, insightful, and honest guide. His empowering system has spread organically, and it has already changed the lives of legions of readers. With practical exercises and interactive tools, this book challenges you to ask hard questions and make life-changing decisions--and ultimately guides you to the fulfillment you have been seeking. Get ready to be intrigued, fascinated, and amazed. Not by this book, but by your own power.

Romanticism and Illustration Ian Haywood, Susan Matthews, Mary L. Shannon, 2019-05-16 Explores a vital aspect of British Romanticism, the role of illustration in Romantic-era literary texts and visual culture.

Pre-Suasion Robert Cialdini, 2016-09-08 When it comes to persuasion, success can begin before you say a word. 'An instant classic.' Forbes 'Utterly fascinating.' Adam Grant, author of *Originals* and *Give and Take* 'Shockingly insightful.' Chip Heath, co-author of *Switch* and *Made to Stick* NEW YORK TIMES BESTSELLER In his global bestseller *Influence*, Professor Robert Cialdini transformed the way we think about the craft of persuasion. Now he offers revelatory new insights into the art of winning people over: it isn't just what we say or how we say it that counts, but also what goes on in the moments before we speak. This is the world of 'pre-suasion', where subtle turns of phrase, seemingly insignificant visual cues, and apparently unimportant details of location can prime people to say 'yes' even before they are asked. And as Cialdini reveals, it's a world you can master. If you understand the tools of pre-suasion, you will be better placed to win a debate, get support for an idea or cause, promote a campaign - even persuade yourself to do something you find difficult. Drawing on the latest research, and packed with fascinating case studies, *Pre-Suasion* is a masterclass in enhancing your powers of influence. 'Mind-blowing.' Management Today 'Accessible and intellectually rigorous.' Books of the Year, The Times 'Fascinating, fluent and original.' Tim Harford, author of *The Undercover Economist Strikes Back*

Callings Gregg Levoy, 1997 Stunning! Wonderful! Levoy writes like a poet. His material is both spiritual and practical. I

don't know another book that deals with callings in quite the same way. --Larry Dossey, M.D., author of *Healing Words* and *Prayer Is Good Medicine* How do we know if we're following our true callings? How do we sharpen our senses to cut through the distractions of everyday reality and hear the calls that are beckoning us? *Callings* is a passionate look at the search for authenticity. In a style that is poetic, exuberant, and keenly insightful, Gregg Levoy breathes contemporary life into the ancient topic of callings. He presents an illuminating and ultimately practical inquiry into how we listen and respond to our calls, whether at work or at home, in our relationships or in service. *Callings* is the first book to examine the many kinds of calls we receive, and the great variety of channels through which they come to us. A calling may be to do something (change careers, go back to school, leave or start a relationship, move to the country, have a child) or to be something (more creative, less judgmental, more loving). You may be called toward or away from something, called to change or renew your commitment to something, or called to return to a place or pursuit in an entirely new way. You may be called toward whatever you have dared and double-dared yourself to do for as long as you can remember. Gregg Levoy draws on the hard-won wisdom and powerful stories of people who have followed their own calls, to show us the many ways to translate a calling into action. While honoring a calling's essential mystery, the book also guides readers to ask and answer the fundamental questions that arise from any calling: How do we recognize it? How do we distinguish the true calls from the siren song? How do we handle our resistance to a call? What happens when we say no? What happens when we say yes? Whether your interest in callings is personal or professional, and whether the calls you hear are great trumpetings or the more common daily summonses to pay attention to your intuition, you will find this beautiful book an inspiration. It is a compassionate guide to discovering your own callings and negotiating the tight passages to personal power and authenticity.

The Night Circus Erin Morgenstern, 2011-09-15 THE TIKTOK SENSATION Discover the million-copy bestselling fantasy read. The circus arrives without warning. It is simply there, when yesterday it was not. Against the grey sky the towering tents are striped black and white. A sign hanging upon an iron gates reads: Opens at Nightfall Closes at Dawn Full of breathtaking amazements and open only at night, Le Cirque des Rêves seems to cast a spell over all who wander its circular paths. But behind the glittering acrobats, fortune-tellers and contortionists a fierce competition is underway. Celia and Marco are two young magicians who have been trained since childhood for a deadly duel. With the lives of everyone at the Circus of Dreams at stake, they must test the very limits of the imagination, and of their love. Complete your collection with *The Starless Sea*, the second novel from the author of *The Night Circus*, out now. 'The only response to this novel is simply: wow. It is a breath-taking feat of imagination, a flight of fancy that pulls you in and wraps you up in its spell' *The Times*

Big Bad Love Larry Brown, 1990-09-30 Larry Brown writes like a force of nature.—Pat Conroy Larry Brown caught the rapt attention of readers and critics with the 1988 publication of *Facing the Music*, his prize-winning first collection of stories. The following year, his first novel, *Dirty Work*, won national acclaim as a work of uncompromising power and

honesty. Big Bad Love, his third book, collects ten new stories. Dealing with sex, with drink, with fear, with all kinds of bad luck and obsession, these stories are unflinching and not for the fainthearted. But as is true of all of Brown's fiction, these ten stories are linked in a collective statement of redemption and hope. These stories come as close to the truth as any human expression can.

Talking to Strangers Malcolm Gladwell, 2019-09-10 THE INTERNATIONAL BESTSELLER 'Compelling, haunting, tragic stories . . . resonate long after you put the book down' James McConnachie, Sunday Times Book of the Year The routine traffic stop that ends in tragedy. The spy who spends years undetected at the highest levels of the Pentagon. The false conviction of Amanda Knox. Why do we so often get other people wrong? Why is it so hard to detect a lie, read a face or judge a stranger's motives? Using stories of deceit and fatal errors to cast doubt on our strategies for dealing with the unknown, Malcolm Gladwell takes us on an intellectual adventure into the darker side of human nature, where strangers are never simple and misreading them can have disastrous consequences.

Prosocial Paul W.B. Atkins, David Sloan Wilson, Steven C. Hayes, 2019-10-01 A groundbreaking, comprehensive program for designing effective and socially equitable groups of all sizes—from businesses and social justice groups to global organizations. Whether you work in business or schools, volunteer in neighborhoods or church organizations, or are involved in social justice and activism, you understand the enormous power of groups to enact powerful and lasting change in the world. But how exactly do you design, build, and sustain effective groups? Based on the work of Nobel Prize winning economist Elinor Ostrom and grounded in contextual behavioral science, evolutionary science, and acceptance and commitment therapy (ACT), Prosocial presents a practical, step-by-step approach to help you energize and strengthen your business or organization. Using the Prosocial model, you'll learn to design groups that are more harmonious, have better member or employee retention, have better relationships with other groups or business partners, and have more success and longevity. Most importantly, you'll learn to target the characteristics that foster cooperation and collaboration—key ingredients for any effective group.

Rude Awakenings Sucitto, Nick Scott, Dr. Nick Scott, 2006 Half down-and-dirty adventure and half inspirational memoir, this title documents an unusual pilgrimage taken by earthy scientist Nick Scott and fastidious Buddhist monk Ajahn Sucitto, who together retraced the Buddha's footsteps through India.

Face to Face Brian Grazer, 2019-09-17 Featured on CBS This Morning, Squawk Box, MSNBC, CNN, Bloomberg, Forbes, Fast Company, The New York Times, and more. "Reading Face to Face is like being a fly on the wall, watching Brian Grazer work his magic. Utterly entertaining, this is how you become Hollywood's best producer." —Malcolm Gladwell, author of Talking to Strangers Legendary Hollywood producer and author of the bestselling A Curious Mind, Brian Grazer is back with a captivating new book about the life-changing ways we can connect with one another. Much of Brian Grazer's success—as a

#1 New York Times bestselling author, Academy Award-winning producer, father, and husband—comes from his ability to establish genuine connections with almost anyone. In *Face to Face*, he takes you around the world and behind the scenes of some of his most iconic movies and television shows, like *A Beautiful Mind*, *Empire*, *Arrested Development*, *American Gangster*, and *8 Mile*, to show just how much in-person encounters have revolutionized his life—and how they have the power to change yours. With his flair for intriguing stories, Grazer reveals what he’s learned through interactions with people like Bill Gates, Taraji P. Henson, George W. Bush, Barack Obama, Eminem, Prince, Spike Lee, and the Afghani rapper activist Sonita: that the secret to a bigger life lies in personal connection. In a world where our attention is too often focused downward at our devices, Grazer argues that we are missing an essential piece of the human experience. Only when we are face to face, able to look one another in the eyes, can we form the kinds of connections that expand our world views, deepen our self-awareness, and ultimately lead to our greatest achievements and most meaningful moments. When we lift our eyes to look at the person in front of us, we open the door to infinite possibility.

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