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~~Interview: The Practicing Mind with Thomas Sterner~~

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Practicing Mind - Thomas M. Sterner -

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The Practicing Mind Developing Focus

□ 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

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reframe our expectations and values so that we can keep in perspective the difference between process and product, progress and goals.

The Practicing Mind | Developing Focus and Discipline in ...

The Practicing Mind will help readers

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relearn that level of commitment and focus, showing them that when they reside in the present moment, practice becomes effortless and enjoyable, and often the practice becomes the goal, as we take baby steps but relish each of those steps.

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The Practicing Mind: Developing
Focus and Discipline in ...

The Practicing Mind Developing Focus
and Discipline in Your Life By Thomas
M. Sterner New World Library

[ILLUSTRATION OMITTED] Thomas
Sterner is an accomplished musician
who, as a child, practiced his

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"The Practicing Mind" is a short, no-fluff book that offers powerful lessons on self-discipline and better practice.

The Practicing Mind: Bringing
Discipline and Focus into ...

Focus can be achieved by 4 'S' words:

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Simplify, small (tasks), short (duration) and slow (deliberation). New habits are formed by practice (60 times per day, 21 days to a new habit). Old habits are removed by a trigger, a "pre-shot" routine that diverts the focus from the goal to the process instead.

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Focus and Discipline in ...

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from the goal to the process instead.

Amazon.com: The Practicing Mind:
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All of life is practice in one form or
another. Actively practicing something
is very different from passively

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learning. You will never reach a level of performance that feels complete, so learn to love the art of practicing your skill. The Practicing Mind summary

Book Summary: The Practicing Mind
by Thomas M. Sterner

Focus can be achieved by 4 'S' words:

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Simplify, small (tasks), short (duration) and slow (deliberation). New habits are formed by practice (60 times per day, 21 days to a new habit). Old habits are removed by a trigger, a "pre-shot" routine that diverts the focus from the goal to the process instead.

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Amazon.com: The Practicing Mind:
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In a society of immediate gratification, Thomas M. Sterner's book THE PRACTICING MIND almost parodies itself. Designed to be a primer for slowing down, becoming more aware of the present moment, and increasing

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self-discipline and focus, Sterner's
brilliance shines through in the brevity
of this complex book's pages.

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Your Life and Master Any Skill or Life

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In those times when we want to acquire a new skill or face a formidable challenge we hope to overcome, what we need most are patience, focus, and discipline, traits that seem elusive or difficult to maintain. In this enticing and practical book, Thomas Sterner demonstrates

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how to learn skills for any aspect of
life, from golfing to business to
parenting, by learning to love the
process. Early ...

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Focus and Discipline in Your Life

Master Any Skill or Challenge by

Learning to Love the Process: Author:

Thomas M. Sterner: Publisher: New

World Library, 2012: ISBN:

1608680916, 9781608680917: Length:

168 pages: Subjects

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Paperback □ April 20 2012 by Thomas
M. Sterner (Author) 4.5 out of 5 stars

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This is the purpose of The Practicing Mind. It comprehensively deals with helping the individual understand

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exactly what present-moment awareness is, how we are raised in a manner contradictory to this, and how we change our mindset to make this a part of our daily living. This book is accessible to listeners of all philosophical backgrounds.

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Challenge by Learning to Love the
Process. 3 likes. Like □Most of us
spend very little time in the present
moment. We usually are either
thinking about something that has not
yet happened (and may never happen)
or reliving something ...

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