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RAPT: Attention and focus - Interactive Metronome

Rapt: Attention and the Focused Life by Winifred Gallagher. 1,816 ratings, 3.60 average rating, 249 reviews. Rapt Quotes Showing 1-13 of 13. “ Temperamentally anxious people can have a hard time staying motivated, period, because their intense focus on their worries distracts them from their goals. ” . Winifred Gallagher, Rapt: Attention and the Focused Life.

Rapt Quotes by Winifred Gallagher - Goodreads

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Common wisdom aside, attention research is full of surprises. Focusing on upbeat emotions such as hope and kindness literally, not just figuratively, expands your world, just as dwelling on negative feelings shrinks it. Contrary to the messages from our wired, workaholic culture, multitasking is a myth.

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Winifred Gallagher 's books include Rapt: Attention and the Focused Life, House Thinking, Just the Way You Are (a New York Times Notable Book), Working on God, and The Power of Place. She has...

Rapt: Attention and the Focused Life - Winifred Gallagher ...

Rapt: Attention and the Focused Life After seeing Winifred Gallagher in person speaking on the topic, I had to buy the book. She is a gifted author; gifted with words, clarity of expression, descriptive language, personal anecdotes, insight, wisdom. I valued her background and research on the subject, adding a richness of validity to her remarks.

Rapt: Attention and the Focused Life book by Winifred ...

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Rapt en Apple Books

Author Winifred Gallagher talks to Kai Ryssdal about how focusing your attention can improve your quality of life.

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