

## Focus The Hidden Driver Of Excellence Daniel Goleman

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For more than two decades, psychologist and journalist Daniel Goleman has been scouting the leading edge of the human sciences for what's new, surprising, and important. In Focus, he delves into the science of attention in all its varieties, presenting a long overdue discussion of this little-noticed and under-rated mental asset that matters enormously for how we navigate life. Goleman boils ...

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In Focus, he delves into the science of attention in all its varieties, presenting a long overdue discussion of this little-noticed and under-rated mental asset that matters enormously for how we navigate life. Goleman boils down attention research into a three parts: inner, other, and outer focus. Goleman shows why high-achievers need all ...

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Focus : the hidden driver of excellence : Goleman, Daniel ...

The essential theme of Daniel Goleman's new book "FOCUS: The Hidden Driver of Excellence" is that "paying attention" is a lost art form that needs resurrecting. In today's noisy fast-moving world, it's easy to become distracted, isolated and overwhelmed. Yet focus is integral to our happiness, productivity and relationships (both personal and professional).

| FOCUS: The Hidden Driver of Excellence - Summary ...

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The Hidden Driver of Excellence Focus has three main categories - according to Goleman, "inner, other and outer." Each one is crucial for maintaining balance and becoming a highly productive individual. Every leader must be able to concentrate on the things that don't hinder his personal and professional growth.

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Daniel Goleman, former New York Times science reporter and multiple-bestselling author, changed the landscape of management with his book Emotional In. Focus: The Hidden Driver of Excellence by Daniel Goleman was chosen by Soundview Executive Book Summaries as one of the Top 30 Business Books of 2014.

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by Daniel Goleman. Title: Focus: The Hidden Driver of Excellence. Author: Daniel Goleman. Publisher: Harper, 2019. Format: PDF. Size: 5.7 MB. Pages: 320. Bestselling author Daniel Goleman returns with a groundbreaking look at today's scarcest resource and the secret to high performance and fulfillment: attention.

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