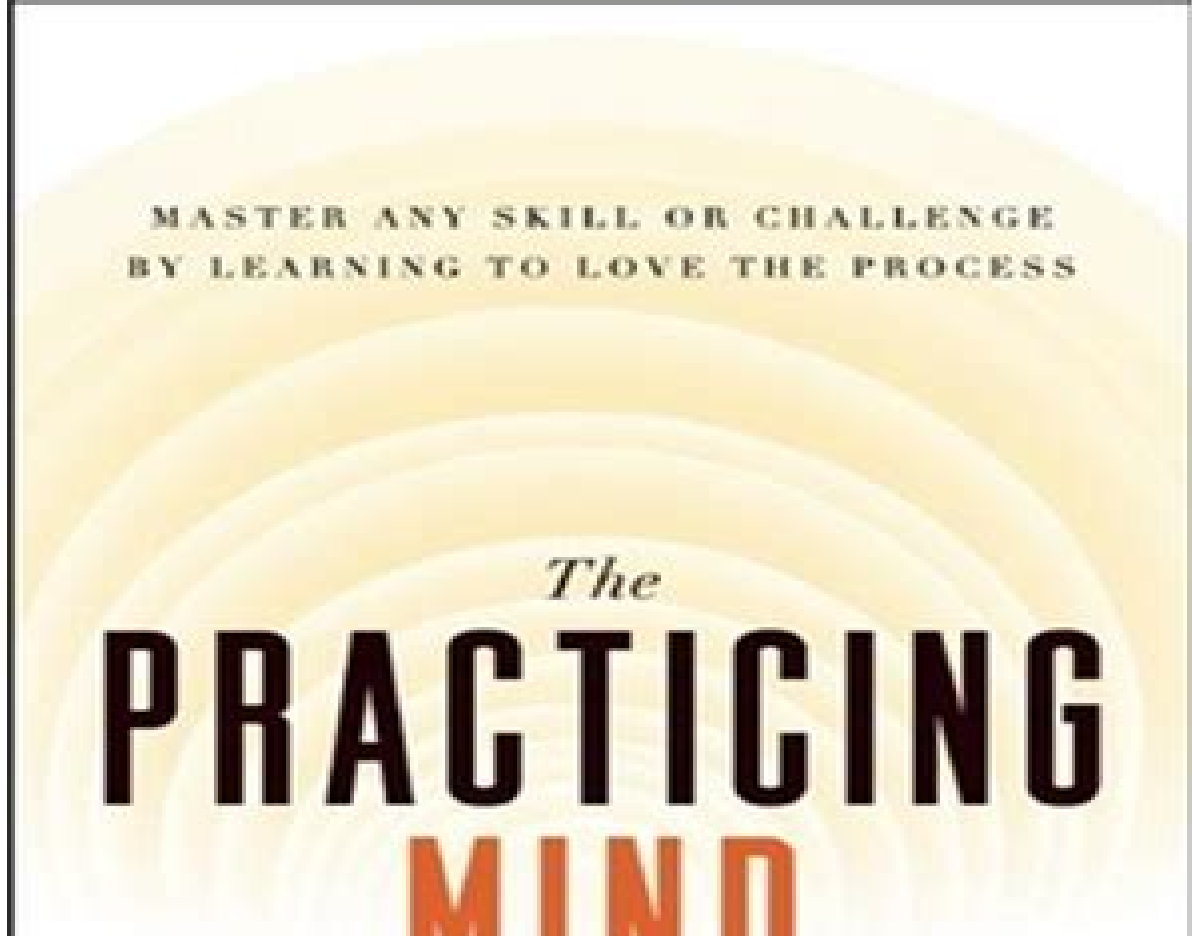




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BY LEARNING TO LOVE THE PROCESS

*The*  
**PRACTICING**  
**MIND**

Developing Focus  
and Discipline in Your Life

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THOMAS M. STERNER

# The Practicing Mind Developing Focus And Discipline In Your Life

**Thomas M. Sterner**



## **The Practicing Mind Developing Focus And Discipline In Your Life:**

The Practicing Mind Thomas M. Sterner,2012 Examines the process of practice as it relates to learning and shows that it can build discipline and clarity and be a fulfilling process in and of itself *The Practicing Mind* Thomas M. Sterner,2005

*The Practicing Mind: Developing Focus and Discipline in Your Life: Master Any Skill Or Challenge by Learning to Love the Process* Thomas M. Sterner,2012 The Practicing Mind Thomas M. Sterner,2012-04-12 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 how to learn skills for any aspect of life from golfing to business to parenting by learning to love the process Early life is all about trial and error practice If we had given up in the face of failure repetition and difficulty we would never have learned to walk or tie our shoes So why as adults do we often give up on a goal when at first we don t succeed Modern life s technological speed habitual multitasking and promises of instant gratification don t help But in his study of how we learn prompted by his pursuit of disciplines such as music and golf Sterner has found that we have also forgotten the principles of practice the process of picking a goal and applying steady effort to reach it The methods Sterner teaches show that practice done properly isn t drudgery on the way to mastery but a fulfilling process in and of itself one that builds discipline and clarity By focusing on process not product you ll learn to live in each moment where you ll find calmness and equanimity This book will transform a sense of futility around learning something challenging into an attitude of pleasure and willingness

**Fully Engaged** Thomas M. Sterner,2016-09-15 Better Results and Less Stress through Proven Techniques To be fully engaged in life means that we have clear goals as well as the focus and skills to accomplish those goals with ease and a sense of calm awareness In his first book *The Practicing Mind* which remains a bestseller in its category Thomas Sterner set out clear guidelines for developing focus and discipline to achieve any life goal As Tom traveled and spoke about the book he kept track of the questions readers and participants at his seminars asked The answers to those questions or more accurately the exploration of those questions became the basis of *Fully Engaged* This new book explores specific techniques such as thought awareness training and setting goals with accurate data and demonstrates how using these techniques will not only help you reach your objectives but will keep you engaged in each moment of your life throughout the process of accomplishing those goals Being thus engaged will result in less stress and more satisfaction in every aspect of life *The Practicing Mind: Bringing Discipline and Focus Into Your Life* Thomas M. Sterner,2015-12-03 Fully Engaged Thomas M. Sterner,2016-09-15 Better Results and Less Stress through Proven Techniques To be fully engaged in life means that we have clear goals as well as the focus and skills to accomplish those goals with ease and a sense of calm awareness In his first book *The Practicing Mind* which remains a bestseller in its category Thomas Sterner set out clear guidelines for developing focus and discipline to achieve any life goal As Tom traveled and spoke about the book he kept track of the questions readers

and participants at his seminars asked The answers to those questions or more accurately the exploration of those questions became the basis of Fully Engaged This new book explores specific techniques such as thought awareness training and setting goals with accurate data and demonstrates how using these techniques will not only help you reach your objectives but will keep you engaged in each moment of your life throughout the process of accomplishing those goals Being thus engaged will result in less stress and more satisfaction in every aspect of life

**Percussion Pedagogy** Michael William Udow,2019 In Percussion Pedagogy author Michael Udow offers a practical guide for students interested in teaching percussion as well as improving their technique Udow first introduces the bouncing ball system a technical analogy that teaches students to resist the effects of inertia Throughout the book the bouncing ball analogy develops into a core performance principle based on integrated motions resulting in refined tone quality and meaningful musicianship The book applies this principle to several instruments including snare drum timpani marimba vibraphone multiple percussion tambourine and triangle bass drum cymbals tam tams and a variety of Western concert and world percussion repertoire In particular Udow addresses the importance of coupling stroke types with stickings to set the foundation for precise rhythmic playing and expressive musicality Chapters also focus on integrated rhythms breath and pulsed rhythms anatomy and physiological health psychological health purposeful listening and the importance of singing when practicing Offering solutions to common performance problems the book s many examples serve as a paradigm for future problem solving A comprehensive companion website complements Udow s teachings with a wealth of video tutorials and listening examples

**It's Just a Thought** Thomas M. Sterner,2023-02-21 Ever wonder why you continually think about this that or the other when you d rather be enjoying a moment pursuing a dream or completing a project Author Thomas M Sterner knows you are not alone and offers methods for thinking rather than being thought As Tom s thousands of clients know directing your thoughts instead of being directed by them is possible and transformative He outlines liberating ways to first observe and then master your thinking allowing you to recognize unhelpful historical and present day programming understand how the conscious and subconscious minds interact experience the relationship between heart and brain The skills Tom teaches prove that we are not the thoughts and emotions that can overwhelm us and that on any given day we have the power to connect to who we really are and achieve what we really want and need Filled with inspiring examples and practical action steps It s Just a Thought exposes our limitations and handicaps and gives us the tools to make overcoming them a joyful process of empowerment

**10-Minute Mindfulness** S. J. Scott & Barrie Davenport,2023-07-20 10 Minute Mindfulness provides a list of 71 habits to help you overcome the challenge of unconscious living Not only will YOU discover the best time to practice these habits you will receive a detailed blueprint of how TO implement them IN your life In 10 Minute Mindfulness Wall Street Journal bestselling authors S J Scott and Barrie Davenport show how to anchor yourself in the present moment even if it s just for a few minutes at a time This book is for anyone who recognizes their untamed thoughts are interfering with their

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