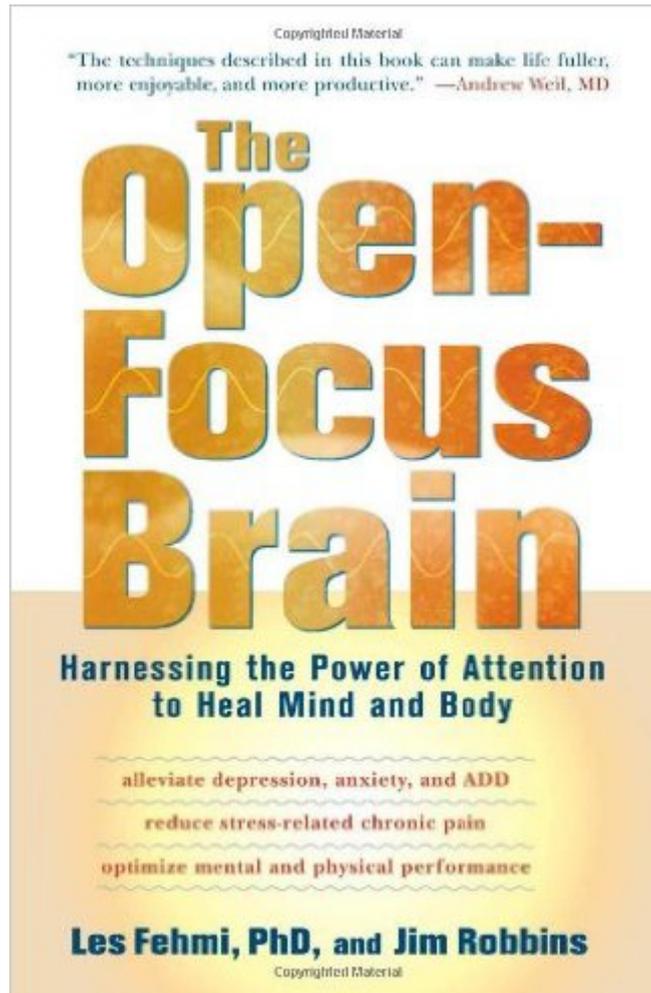


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The Open-Focus Brain: Harnessing The Power Of Attention To Heal Mind And Body



Synopsis

This breakthrough book presents a disarmingly simple idea: The way we pay attention in daily life can play a critical role in our health and well-being. According to Dr. Les Fehmi, a clinical psychologist and researcher, many of us have become stuck in "narrow-focus attention": a tense, constricted, survival mode of attention that holds us in a state of chronic stress and which lies at the root of common ailments including anxiety, depression, ADD, stress-related migraines, and more. To improve these conditions, Dr. Fehmi explains that we must learn to return to a relaxed, diffuse, and creative form of attention, which he calls "Open Focus." This highly readable and empowering book offers straightforward explanations and simple exercises on how to shift into a more calm, open style of attention that reduces stress, improves health, and enhances performance. The Open-Focus Brain features eight essential attention exercises for improving health, along with an audio CD in which the author guides the reader through fundamental Open-Focus exercises that can be used on a regular basis to enhance our health and well-being. Dr. Fehmi writes, "Everyone has the ability to heal their nervous systems, to dissolve their pain, to slow down and yet accomplish more, to experience the deeper side of life—in short, to change their lives for the better dramatically." At last readers can learn the techniques that Dr. Fehmi has offered to thousands of clients—the same drug-free, safe, and effective techniques that have led to remarkable and long-lasting results. The Open-Focus Brain offers readers a revolutionary, drug-free way to:

- alleviate depression, anxiety, and ADD
- reduce stress-related chronic pain
- optimize mental and physical performance

Includes a 60-minute audio CD:

- essential attention exercises from the book, led by Dr. Fehmi
- listeners learn how to "train the brain" to reduce stress, anxiety, chronic pain, and more
- safe and effective techniques used in Dr. Fehmi's clinic for decades

Book Information

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Customer Reviews

Having read a lot of meditation books, zen books, power of now and attention deficit books, this book is a very interesting perspective on the subject of focus and attention. First off the book explains what open focus is but it took me a while to grasp it. It wasn't until I read the first exercise that I 'felt' what open focus is about. I feel the book does require a few reads. More importantly, I felt I was very drawn to re-reading it, especially after listening to the cd. Let me try a technique he uses in open focus. So while you are reading this review, imagine the distance of the screen from your eyes while still reading. Then see the edges of the computer screen yet still managing to read. Notice the spaces between each of the lines of words. Can you feel your shoulders? Can you feel if your arms and fingers are tense? Are your eyes relaxed? Still keep reading yet feel your tightness as you are still reading. Perhaps you can soften that tension and still maintain focus. Perhaps that feels more relaxed and now less urgent? So one of the ideas is to still function but we don't always need what's known as 'narrow focus' or 'hyper-focus'. This is the focus that uses a high level of energy, tension and focus. We don't always need this type of focus with everything we do. This type of focus is very effective at getting things done, but unless we have a knowledge of 'different types' of focus, we can burn out. We don't always need to use narrow-focus for every task and every conversation. There are lots of other things we could do in open focus, enjoy them more and maybe even do a better job. An obvious one is reading. When I did the exercise he gave while reading I noticed my tension and softened it, especially the tension I was using to hold the book.

This is an important, groundbreaking book that promises to become a classic that could very well become more and more widely read over the decades. More than any other book, it reminds me of Herbert Benson's RELAXATION RESPONSE. Just as Benson took a simple concept-- relaxation-- and created a landmark book on how to do it... simply, Les Fehmi, with co-author Jim Robbins, has laid out an approach to attention that is remarkable in its simplicity and power to change lives. As Fehmi points out, our lives, our experiences, all we know, are determined by how we pay attention. The process of paying attention is usually something we ignore. Yet, Fehmi teaches, we can easily learn how to become aware of how we are paying attention and then voluntarily pay attention as we choose to. Fehmi walks us through the ways that narrowed, inflexible attention leads to stress and

stress disorders, depression, reduced performance, even diminished relationships. The good news is he provides practical, easy to learn and implement techniques which work-- and quickly, at that. I first learned the Open Focus technique from Les Fehmi 30 years ago. I've used them ever since in my life and as a trainer and consultant teaching newcomer physicians, psychologists, counselors, educators, etc. the field of biofeedback and self regulation. I've taught hundreds of practitioners this technique because I believe it is very effective and powerful. This book has been long overdue and will be highly valuable to both lay readers and professional psychologists. Fehmi's co-author Jim Robbins is an extraordinary writer who has helped Fehmi to take his ideas and put them into a fun and fascinating to read language that makes this book almost as engaging as a great novel. Dr.

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