

## The Openfocus Brain Harnessing The Power Of Attention To Heal Mind And Body

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### The Openfocus Brain Harnessing The

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

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Imagine yourself on the African savannah 30,000 years ago, on guard for your village, at night. Imagine having an open focus mind, opening wide in a hemisphere around and above you, at one with the bush and awake. Suddenly, a branch snaps, or you sense movement. Open focus quickly drops to narrow focus so you can assess the possible threat.

### **Amazon.com: Customer reviews: The Open-Focus Brain ...**

The Open-Focus Brain. Harnessing the Power of Attention to Heal Mind and Body. by Les Fehmi and Jim Robbins. Trumpeter Books / Shambhala (2007), 192 pages. ISBN: 978-1-59030-376-4. Les Fehmi is one of the pioneers in brain-mind biofeedback. The objective back in the 1960s was to help subjects develop "alpha" brain waves.

### **A Review of the book THE OPEN-FOCUS BRAIN**

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,

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constricted, survival mode of attention that holds us in a state of chronic stress--and which lies at the ...

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