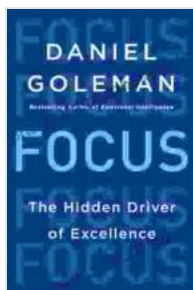


# Focus: The Hidden Driver of Excellence

By Daniel Goleman



## Focus: The Hidden Driver of Excellence by Daniel Goleman

★★★★☆ 4.3 out of 5

Language : English  
File size : 829 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Screen Reader : Supported  
Print length : 325 pages



In his groundbreaking book, *Focus: The Hidden Driver of Excellence*, Daniel Goleman reveals the science behind focus and how we can cultivate it to achieve our full potential.

Goleman argues that focus is not simply a matter of willpower. It is a skill that can be learned and developed, and it is essential for success in all areas of life. When we are focused, we are able to concentrate our attention on the task at hand, ignore distractions, and stay on track until we achieve our goals.

Goleman identifies three types of focus:

- **Inner focus** is the ability to focus on our own thoughts and feelings.
- **Other focus** is the ability to focus on other people and their needs.
- **Outer focus** is the ability to focus on the world around us and our place in it.

Goleman argues that all three types of focus are important for success. Inner focus helps us to stay motivated and on track, other focus helps us to build relationships and collaborate with others, and outer focus helps us to see the big picture and make wise decisions.

In *Focus*, Goleman provides a wealth of practical advice on how to cultivate focus. He shows us how to set clear goals, eliminate distractions, and stay motivated. He also provides exercises and techniques that can help us to improve our focus in all areas of our lives.

*Focus* is an essential read for anyone who wants to achieve their full potential. It is a book that will help you to stay focused, stay on track, and achieve your goals.

### **Praise for *Focus***

"*Focus* is a groundbreaking book that will change the way you think about focus. Daniel Goleman reveals the science behind focus and provides a wealth of practical advice on how to cultivate it. This book is essential reading for anyone who wants to achieve their full potential." —**Oprah Winfrey**

"*Focus* is a must-read for anyone who wants to be more successful. Daniel Goleman shows us how to focus our attention, ignore distractions, and stay on track. This book is full of practical advice that can help you achieve your goals." —**Bill Gates**

"*Focus* is a brilliant book that will help you to improve your focus and achieve your goals. Daniel Goleman is a master storyteller, and he has a gift for making complex topics easy to understand. This book is a must-read for anyone who wants to be more successful in life." —**Tony Robbins**

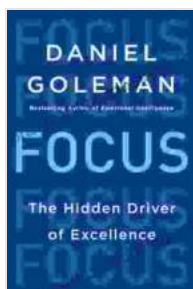
### **About the Author**

Daniel Goleman is a psychologist and science journalist. He is best known for his work on emotional intelligence, and he is the author of several books on the topic, including the bestselling book *Emotional Intelligence*.

Goleman's work on focus has been featured in *The New York Times*, *The Wall Street Journal*, and *The Oprah Winfrey Show*. He has also appeared

on numerous television and radio programs, including The Today Show, Good Morning America, and The Colbert Report.

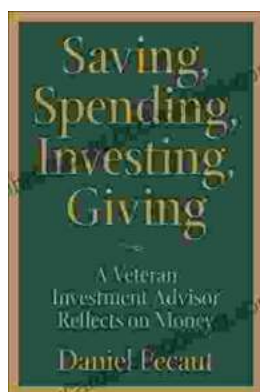
Goleman is a Fellow of the American Psychological Association and the American Academy of Arts and Sciences. He is also a recipient of the Lifetime Achievement Award from the International Positive Psychology Association.



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