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# The Open- Focus Brain

**Harnessing the Power of Attention  
to Heal Mind and Body**

alleviate depression, anxiety, and ADD

reduce stress-related chronic pain

optimize mental and physical performance

**Les Fehmi, PhD, and Jim Robbins**

# **The Open Focus Brain Harnessing Power Of Attention To Heal Mind And Body Les Fehmi**

**Les Fehmi, Jim Robbins**



# **The Open Focus Brain Harnessing Power Of Attention To Heal Mind And Body Les Fehmi**

**The Open-Focus Brain** Les Fehmi, Jim Robbins, 2008-12-16 A breakthrough drug free approach to stress and stress related illnesses from anxiety and depression to ADHD and chronic pain using simple attention exercises with powerful results on physical and mental health 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 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 eBook includes a downloadable audio program that provides further guidance on essential attention exercises from the book led by Dr Fehmi 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

*The Open-Focus Brain* Les Fehmi, Jim Robbins, 2008-12-16 A breakthrough drug free approach to stress and stress related illnesses from anxiety and depression to ADHD and chronic pain using simple attention exercises with powerful results on physical and mental health 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 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** Les Fehmi,Jim Robbins,2007 Claims that the way people pay attention in daily life can play a crucial role in their health and well being and offers eight essential exercises which can foster a calm open style of attention that reduces stress and improves health

Dissolving Pain Les Fehmi,Jim Robbins,2010-09-14 This guide to harnessing the power of the brain to resolve chronic pain includes a variety of simple attention exercises and a 65 minute guided audio program For four decades Dr Les Fehmi has been a leader in brainwave biofeedback also called neurofeedback training individuals how to balance and regulate their brainwave patterns to improve mental emotional and physical health Dissolving Pain is based on the premise that although pain is perceived to exist in a particular part of the body pain in fact resides in the brain Drawing on existing scientific research and on decades of clinical experience Dr Fehmi offers brain training exercises that quiet the pain signal in the brain The exercises involve altering the way we pay attention to pain cultivating what Fehmi calls Open Focus Attention a relaxed form of awareness that changes the neural blood flow and increases alpha brainwave activity associated with reduced stress and beneficial hormonal changes These exercises are effective in the treatment of many forms of pain including back shoulder neck and joint pain headaches muscle pain and tension and pain from traumatic injury Included with the book is a link to a 65 minute downloadable audio program in which Dr Fehmi guides listeners through the fundamental Dissolving Pain exercises To learn more visit [openfocus.com](http://openfocus.com)

**Wildmind** Bodhipaksa,2012-02-29 Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind It is this pure and luminous state that I call your Wildmind From how to build your own stool to how a raisin can help you meditate this illustrated guide explains everything you need to know to start or strengthen your meditation practice

The Open-Focus Life Les Fehmi,Susan Shor Fehmi,Mark Beauregard,2021-07-20 Learn to change your mindset relieve anxiety dissolve pain and bring a greater sense of wellbeing into your life by changing how you pay attention with easy to apply techniques and in the moment exercises from Dr Les Fehmi s Open Focus method How you pay attention affects literally every moment of your conscious life so learning how to be flexible with your focus can profoundly change how you respond to everyday challenges The Open Focus Life shows you many different ways of paying attention that you were never taught in school and illustrates how to use different attention styles as powerful tools to help you feel better act more effectively and improve the quality of your life Dr Les Fehmi and Susan Shor Fehmi pioneers in biofeedback have spent decades developing and applying these methods with clients from all walks of life in their private clinical practice In The Open Focus Life they coach you through common everyday stressors and show you how to shift out of modes of attention that exacerbate negative feelings and into modes of calm and balance Based on peer reviewed neuroscience and clinical

experience these quick practical techniques will improve how you feel about your body how you relate to people at work and at home and how you interact with your everyday environment to achieve a more relaxed life with less chronic physical and emotional pain Celestial Dynamics Rudolf Dvorak, Christoph Lhotka, 2013-08-30 Written by an internationally renowned expert author and researcher this monograph fills the need for a book conveying the sophisticated tools needed to calculate exo planet motion and interplanetary space flight It is unique in considering the critical problems of dynamics and stability making use of the software Mathematica including supplements for practical use of the formulae A must have for astronomers and applied mathematicians alike **Drift, Deformation, and Fracture of Sea Ice** Jerome Weiss, 2013-03-14

Sea ice is a major component of polar environments especially in the Arctic where it covers the entire Arctic Ocean throughout most of the year However in the context of climate change the Arctic sea ice cover has been declining significantly over the last decades either in terms of its concentration or thickness The sea ice cover evolution and climate change are strongly coupled through the albedo positive feedback thus possibly explaining the Arctic amplification of climate warming In addition to thermodynamics sea ice kinematics drift deformation appears as an essential factor in the evolution of the ice cover through a reduction of the average ice age and consequently of the cover s thickness or ice export out of the Arctic This is a first motivation for a better understanding of the kinematical and mechanical processes of sea ice A more upstream theoretical motivation is a better understanding of the brittle deformation of geophysical objects across a wide range of scales Indeed owing to its very strong kinematics compared e g to the Earth s crust an unrivaled kinematical data set is available for sea ice from in situ e g drifting buoys or satellite observations Here we review the recent advances in the understanding of sea ice drift deformation and fracturing obtained from these data We focus particularly on the scaling properties in time and scale that characterize these processes and we emphasize the analogies that can be drawn from the deformation of the Earth s crust These scaling properties which are the signature of long range elastic interactions within the cover constrain future developments in the modeling of sea ice mechanics We also show that kinematical and rheological variables such as average velocity average strain rate or strength have significantly changed over the last decades

accompanying and actually accelerating the Arctic sea ice decline **60 Seconds to Slim** Michelle Schoffro Cook, 2013-12-03 This research driven program shows readers that losing weight quickly and permanently is a matter of correcting their body chemistry and success is just a few 60 second steps away Many studies have examined the acid alkaline relationship between the foods we eat and how our bodies store fat but Dr Schoffro Cook offers the first plan to alkalize the body with simple surprising and flexible 60 second weight loss tricks First readers learn how to kick the acid by eating delicious meals made with whole foods that are balanced to help readers flush fat and revitalize their entire bodies To keep the pounds peeling off each week readers add a few new habits to their regimens Every tip brings readers closer to balancing their pH and boosting their metabolism so they can pick and choose the tips that fit best into their busy lifestyles for

flattering results that will last The plan features 50 mouth watering alkalizing recipes such as Coconut Waffles Grilled Chicken with Citrus Salsa and succulent Strawberry Rhubarb Crisp Also included is a 7 day meal plan that shows readers how to incorporate these dishes into a day of hearty delicious body balancing meals

**My Body, My Earth** Ruby Gibson, 2008-05 Within each body is an archaeological site that holds the details and wisdom of our extraordinary life story composed of generational spiritual and personal experiences Historical amnesia locks these stories in the body manifesting as pain disease addictions emotional patterns and repetitive circumstances Somatically excavating your personal legend unearths memories of the past that can be reconciled and healed in order to create a new myth for your body and for your Earth My Body My Earth provides a detailed and eloquent rationale and description for how this remarkable technique works both as a therapeutic model and a self help manual It is a major contribution to the burgeoning literature in the field of somatic psychology Robert Scaer M D author The Body Bears the Burden Trauma Dissociation and Disease and The Trauma Spectrum Hidden Wounds and Human Resiliency A remarkable incursion into one of the deepest of all mysteries the hidden memories that are locked into the fibers of our bodies This book is an impressive and extremely helpful guide to reuniting the conscious and unconscious aspects of the mind Richard Smoley author of Conscious Love and Inner Christianity

**The Mindfulness Revolution** Barry Boyce, 2011-03-08 A collection of essays on the benefits and everyday applications of mindfulness featuring contributions from Thich Nhat Hanh Jon Kabat Zinn and more A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health Countless people who have tried it say it s improved their quality of life Simply put mindfulness is the practice of paying steady and full attention without judgment or criticism to our moment to moment experience Here is a collection of the best writing on what mindfulness is why we should practice it and how to apply it in daily life from leading figures in the field Selections include Leading thinker Jon Kabat Zinn on the essence of mindfulness stress reduction and positive change Zen teacher Thich Nhat Hanh on the transformative power of mindful breathing Professor of psychiatry Daniel Siegel MD on how mindfulness benefits the brain Physician and meditation teacher Jan Chozen Bays MD on how and why to practice mindful eating Pioneering psychologist Ellen Langer on how mindfulness can change the understanding and treatment of disease Leadership coach Michael Carroll on practicing mindfulness at work Psychologist Daniel Goleman on a mindful approach to shopping and consuming Pianist Madeline Bruser on how mindfulness can help us overcome performance anxiety And much more The Mindfulness Revolution also includes an in depth discussion by writer editor Barry Boyce about how mindfulness is being applied in a variety of professional fields from health care to education from performing arts to business to improve effectiveness and enhance well being

**Quanta, Matter, and Change** Peter Atkins, Julio de Paula, Ronald Friedman, 2009 aspects of the learning process are fully supported including the understanding of terminology notation mathematical concepts and the application of physical chemistry to other branches of science Building on the heritage of the world renowned Atkins Physical Chemistry

Quanta Matter and Change gives a refreshing new insight into the familiar by illuminating physical chemistry from a new direction Book Jacket

**The Healing Power of Mind** Tulku Thondup, 1998-02-03 The true nature of our minds is enlightened and peaceful as the depth of the ocean is calm and clear But when we mentally grasp and emotionally cling to our wants and worries with all our energy we lose our own enlightened freedom and healing power only to gain stress and exhaustion suffering and overexcitement like the turbulent waves rolling on the surface of the ocean Our minds possess the power to heal pain and stress and to blossom into peace and joy by loosening the clinging attitudes that Buddhists call grasping at self If we apply the mind s healing power we can heal not only our mental and emotional afflictions but physical problems also This book is an invitation to awaken the healing power of mind through inspiring images and sounds mindful movements positive perceptions soothing feelings trusting confidence and the realization of openness The healing principle on which these exercises are based is the universal nature and omnipresent power envisioned in Mahayana Buddhism Yet for healing we don t have to be believers in any particular faith We can heal body and mind simply by being what we truly are and by allowing our own natural healing qualities to manifest a peaceful and open mind a loving and positive attitude and warm joyful energy in a state of balance and harmony

**Interface** R. Paul Lee, 2005 Presents an insightful view of Osteopathic philosophy and elegantly synthesizes current scientific and esoteric understanding to explain the unity of body mind and spirit offering a model for wellness and restoring health

**Muscular Retraining for Pain-Free Living** Craig Williamson, 2007-08-14 Here s an innovative and practical approach to eliminating chronic muscle pain written by a popular occupational therapist with thirty years of experience freeing people from the discomfort of tendonitis lower back pain and neck and shoulder tension These types of chronic pain can be caused by a number of factors including old injuries habitual movement patterns problems with body alignment psychological causes and inability to sense your own body movements accurately Muscular Retraining for Pain Free Living clearly and concisely explains the causes of persistent muscle pain and offers a therapeutic exercise program to address these problems and end pain This book explains the basic principles behind Williamson Muscular Retraining which helps people to use their bodies more efficiently and gracefully in a way that is practical and easy to understand The problems of poor posture muscle tension and stress caused pain are corrected by seeing them through the lens of kinesthetic awareness The importance of kinesthetic awareness is typically overlooked precisely because it is lacking in so much of our population including health care practitioners Retraining for Pain Free Living presents case examples of how people have used body awareness to improve how they sit stand and move to rid themselves of ongoing muscular pain

**Machiavellianism** Tamás Bereczkei, 2017-12-12 The world abounds with tricksters swindlers and impostors Many of them may well be described with the term Machiavellian Such individuals disrespect moral principles deceive their fellow beings and take advantage of others frailty and gullibility They have a penetrating rational and sober mind undisturbed by emotions At times we cannot help but be enchanted by their talent even though we know they

misuse it Recent studies have revealed that Machiavellians possess a complex set of abilities and motivations This insightful book examines the complexities of the Machiavellian trait in relation to attitude behaviour and personality By integrating results and experiences from social personality cognitive and evolutionary psychology Tam s Bereczkei explores the characteristics of Machiavellianism such as social intelligence deception manipulation and lack of empathy and the causes and motives guiding Machiavellian behaviour The author also demonstrates how Machiavellianism is related to strategic thinking and flexible long term decisions rather than to a short term perspective as previously thought and explores Machiavellianism in relation to the construct of the Dark Triad The first comprehensive psychological book on Machiavellianism since Christie and Geis pioneering work in 1970 Machiavellianism summarises the most important research findings over the last few decades This book is fascinating reading for students and researchers of psychology and related courses as well as professionals dealing with Machiavellians in their work and practice The Power of Neurodiversity Thomas Armstrong,2011-10-04 Parents teachers and policymakers should all read this thought provoking book I loved it Temple Grandin author of Thinking in Pictures **In an Unspoken Voice** Peter A. Levine, Ph.D.,2012-10-30 Unraveling trauma in the body brain and mind a revolution in treatment Now in 17 languages In this culmination of his life s work Peter A Levine draws on his broad experience as a clinician a student of comparative brain research a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body brain and psyche In an Unspoken Voice is based on the idea that trauma is neither a disease nor a disorder but rather an injury caused by fright helplessness and loss that can be healed by engaging our innate capacity to self regulate high states of arousal and intense emotions Enriched with a coherent theoretical framework and compelling case examples the book elegantly blends the latest findings in biology neuroscience and body oriented psychotherapy to show that when we bring together animal instinct and reason we can become more whole human beings **Accessing the Healing Power of the Vagus Nerve** Stanley Rosenberg,2017-12-19 The bestselling guide to the vagus nerve now in 20 languages unlock the self healing power of Stephen Porges s Polyvagal Theory Vagus exercises for reducing anxiety healing trauma and rebalancing your autonomic nervous system This comprehensive guide offers an easy to understand overview of the vagus nerve and helps you unlock your body s innate capacity to heal from stress trauma anxiety and injury Dr Stanley Rosenberg PhD dispels long held myths about the autonomic nervous system ANS and offers up to date research on how our physical health emotional wellness and the vagus nerve are all interconnected Most importantly he shows how these insights can help you heal your ANS and live a less stressed more balanced and emotionally regulated life This book offers An in depth overview of Stephen Porges s Polyvagal Theory Step by step self help techniques for regulating the vagus nerve Vagus exercises to relieve emotional psychological and physical symptoms Real life case studies and stories from the author s clinical practice Insights into the vagus nerve s role in social behavior An overview of what happens in our bodies when we get stuck in stress states and how



to heal them Simple research backed recommendations for initiating deep relaxation improving sleep healing from trauma and stimulating recovery from illness and injury Accessing the Healing Power of the Vagus Nerve is written for therapists bodyworkers trauma survivors parents and anyone struggling with chronic stress Grounded in neurobiology research clinical stories and easy to follow exercises this book gives you the tools to bring your body back into a state of safety balance and optimal functioning

**Mind/Body Integration** S. Ancoli,Erik Peper,M. Quinn,2012-12-06 Biofeedback training is a research methodology and training procedure through which people can learn voluntary control over their internal physiological systems It is a merger of multiple disciplines with interest deriving from many sources from basic understanding of psychophysiology to a desire for enhanced self awareness The goals of biofeedback are to develop an increased awareness of relevant internal physiological functions to establish control over these functions to generalize control from an experimental or clinical setting to everyday life and to focus attention on mind body integration Biofeedback is explored in many different settings In the university biofeedback equipment and applications can be found in the departments of experimental and clinical psychology counseling physiology biology education and the theater arts as well as in the health service student infirmary Outside the university biofeedback may be found in different departments of hospitals such as physical medicine private clinics education and self awareness groups psychotherapy practices and elsewhere Its growth is still expanding and excitement is still rising as a result of biofeedback's demonstration that autonomic functions can be brought under voluntary control and that the long standing artificial separation between mind body and consciousness can be disproven

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