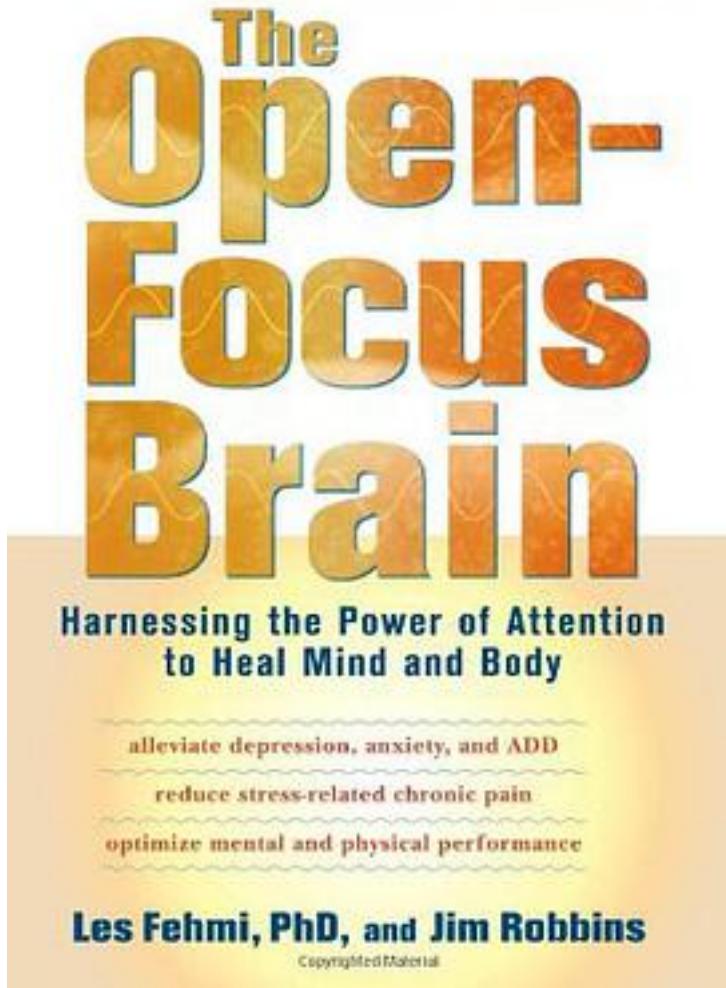


# The Open-Focus Brain

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"The techniques described in this book can make life fuller, more enjoyable, and more productive." —Andrew Weil, MD



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著者:Les Fehmi

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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

作者介绍:

## 作者简介

### 莱斯·斐米博士 (Les Fehmi, PhD)

莱斯·斐米博士是神经反馈领域的先驱，也是位于纽泽西州普林斯顿的普林斯顿生物反馈中心的主任。他自加州大学洛杉矶分校得到心理学硕士和博士学位，又在加州大学洛杉矶分校的脑部研究中心完成博士后研究。

斐米博士是普林斯顿大学医学中心医学系的教员，过去四十年来是活跃的私人诊所心理学家及演讲者，论述散见于各种同行评论之期刊。斐米博士是有证照的“速度与爆发专家”，曾参与训练达拉斯牛仔队、纽泽西篮网队和奥运发展委员会。他也是哈佛的麻州总医院、强森与强森企业，以及退伍军人协会的咨询专家。这是他针对一般大众所写的第一本书。

### 吉姆·罗宾斯 (Jim Robbins)

吉姆·罗宾斯是得奖的新闻记者和科学作者，作品常见于《纽约时报》、《史密斯博物馆月刊》、《科学美国》、《发现》和《今日心理学》。他曾接受ABC (美国广播公司)，以及NPR (美国公共广播网) 的访问。他之前的著作《脑部交响曲：新脑波生物反馈的进化》 (A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback)，《新闻周刊》和《纽约时报》都曾摘录。

## ■译者简介

### 谢瑶玲

美国伊利诺州大学比较文学博士，东吴大学及政治大学副教授。从事翻译工作近三十年，译著近两百本，代表作为《玫瑰的名字》、《苏菲的抉择》、《花园宴会》、《美声俘虏》、《一本书完全贴近莎士比亚》、《布莱森之英文超正典》、《绝美情史》、《手术刀与灵魂》等，另编著《最动人的英文》一书，现仍致力于翻译、教学与著述，从不中断。

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## 标签

心理

## 评论

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## 书评

导 读 生命的意义，不只是在增加其速度而已。——穆罕德斯·甘地  
如果你也像多数现代人一样，那么甘地的警告你可能置若罔闻，而生命的速度似乎不断加快。许多客户告诉我说，他们一整天都匆匆忙忙的——送小孩上学、挤在车阵中赶着去上班、满脑子狂乱地想着必须要做...

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