

The Practicing Mind

Developing Focus and Discipline in Your Life -- Master Any Skill or Challenge by Learning to Love the Process

Thomas M. Sterner

Book Overview from the Publisher

In those times when we want to acquire a new skill or face a formidable challenge we hope to overcome, what we need most are patience, focus, and discipline, traits that seem elusive or difficult to maintain. In this enticing and practical book, Thomas Sterner demonstrates how to learn skills for any aspect of life, from golfing to business to parenting, by learning to love the process.

Early life is all about trial-and-error practice. If we had given up in the face of failure, repetition, and difficulty, we would never have learned to walk or tie our shoes. So why, as adults, do we often give up on a goal when at first we don't succeed? In his study of how we learn (prompted by his pursuit of disciplines such as music and golf), Sterner has found that we have forgotten the principles of practice — the process of picking a goal and applying steady effort to reach it. The methods Sterner teaches show that practice done properly isn't drudgery on the way to mastery but a fulfilling process in and of itself, one that builds discipline and clarity.

KEY POINTS COVERED IN THIS SUMMARY:

1. **Process, not end goal** - Why we need to shift from a goal mindset to a process mindset
2. **Building patience** - How to build our patience in order to stay focused on our process
3. **When is a flower perfect** - The right way to think about the steps we take towards our goals
4. **Analytical, not judgmental** - Why we should choose analytical thinking and how we can develop it among ourselves

1) Process, Not End Goal

A lot of times we think that once we achieve the result of a goal we are working on, then we'll be happy. We think that the process to get there is an unnecessary nuisance. We just want to be at the destination right away.

Practicing Mind Models

Clifford Lane



Practicing Mind Models:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Practicing Mind Models**

In some sort of inundated with screens and the cacophony of quick connection, the profound power and mental resonance of verbal artistry frequently diminish into obscurity, eclipsed by the constant assault of noise and distractions. Yet, nestled within the musical pages of **Practicing Mind Models**, a charming function of fictional splendor that impulses with fresh emotions, lies an unforgettable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that exciting opus guides readers on a mental odyssey, softly revealing the latent potential and profound impact stuck within the delicate internet of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is central themes, dissect their captivating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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