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at once controversial and intriguing spiritualism has spread from the united states to become a global movement bringing together perspectives from within the movement and without this unique collection treats readers to insights about spiritualism s history belief and practice based on the belief that the dead can communicate with the living through mediums spiritualism touches concepts as timelessly fascinating as human mortality and the continuing existence of the soul beyond bodily death this comprehensive work will help readers parse the mysteries of this uniquely american religion through three thematically organized volumes spiritualism in the u s and globally evidence and beliefs and cultural and social issues drawing on fields as diverse as psychology sociology religious studies anthropology history ethnic and gender studies literature and art this broad based collection frames spiritualism through the views of a team of international scholars among the many things that separate spiritualism from mainstream religions is the involvement of women in central leadership roles such cultural and political elements of the movement are one aspect of this study of equal interest to believers and skeptics alike will be the work of scholars who have devoted themselves to examining the claim that communication through mediums proves the existence of life after death

where did my day go how did it get so late i feel like i m being pulled in too many directions at once if only there were two of me i could get it all done if this is you at the end of the day you are not alone millions of people deal with these same frustrations in today s world of endless distraction let s face it we all live on the edge of being overwhelmed and old ways of paying attention just don t work anymore when you get more than three thousand advertising messages and hundreds of emails every day it s no wonder you feel like you re constantly fighting distraction what is the secret known to a select group of high achievers including olympic athletes to finding your focus zone the key is managing adrenaline too much and you re overstimulated too little and you re not stimulated enough now you too can learn the same methods that high performers use in find your focus zone psychologist lucy jo palladino phd gives you eight sets of keys to unlock your best attention so that you can concentrate in every situation even when you re under pressure or facing dull tasks that must be done you ll choose which key solutions and strategies work best for you and use them to create your own personal keychain for daily achievement

and success the skills you learn in find your focus zone will help you to beat procrastination and face boring jobs overcome obstacles and finish what you start prevent yourself from getting overwhelmed and burned out build balance and trust in your work and family relationships enhance your self confidence use interruptions to your advantage tune out distractions to increase your efficiency and effectiveness dr palladino is the first to explain the science of attention in plain language as she teaches you cutting edge concepts and methods to win the fight against distraction and overload she highlights them with engaging stories easy exercises and useful tips with the individualized program that dr palladino prescribes for your particular needs you ll learn not only how to find your focus zone but also how to boost your personal productivity by applying these attention skills self encouragement practices and strengths and by learning to flex your attention muscle you ll avoid the dangers of distraction and boredom like missing deadlines disappointing your family and feeling scattered and ineffective a book for anyone who struggles to cut through the noise of everyday life find your focus zone gives you the tools you need to succeed in today s digital world of distraction warm practical and user friendly with innovative techniques and a powerful message it s just what the doctor ordered

list of members in v 1 6 12

rtf1 ansi ansicpg1252 deff0 deflang2057 deflangfe2057 fonttbl f0 fswiss fprq2 fcharset0 arial f1 froman fprq2 fcharset0 times new roman viewkind4 uc1 pard f0 fs18 b fs20 eing able to perform any task with full attention has become one of the great unspoken about challenges of modern life as our culture has become more high speed techno stressed information cluttered and media saturated we are getting pushed out of our focus zones without even realising it if you work in a modern office it is likely you are suffering from information fatigue syndrome which means that even naturally bright and creative people are rendered incapable of making swift decisions problem solving efficiently or able to maintain appropriate energy levels award winning psychologist lucy jo palladino offers practical solutions for anyone juggling too much who finds themselves in a state of continuous partial attention seemingly unable to do any one task with full concentration in order to help people combat the negative aspects of always on information culture palladino has come up with a new set of skills that will help readers beat distraction and win the fight against information overload she provides eight sets of keys that will unlock your best

attention and help you balance adrenaline levels even when you are under pressure or facing dull tasks rooted in sports performance psychology yet practical and user friendly palladino s cutting edge methods will help you stay focused and enhance your performance in all areas of daily life where concentration is required par f1 fs24 par par

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