



Focus: The Hidden Driver of Excellence

Daniel Goleman

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In *Focus*, psychologist and journalist Daniel Goleman delves into the science of attention in all its varieties, presenting a long-overdue discussion of this little-noticed and underrated mental asset that matters enormously for how we navigate life.

Attention works much like a muscle: use it poorly and it can wither; work it well and it grows. In an era of unstoppable distractions, Goleman persuasively argues that now more than ever we must learn to sharpen focus if we are to contend with, let alone thrive in, a complex world. Goleman analyzes attention research as a threesome: inner, other, and outer focus. He shows why high-performers need all three kinds of focus, as demonstrated by rich case studies from fields as diverse as competitive sports, education, the arts, and business. Those who excel rely on what Goleman calls smart practice that helps them improve habits, add new skills, and sustain excellence.

Combining cutting-edge research with practical findings, *Focus* reveals what distinguishes experts from amateurs and stars from average performers.

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