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Interview: Thomas Sterner with

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Sternier achieves a rare combination: he provides not just a clear set of practical steps for creating focused effort but also a theoretical background that can help us to reframe our expectations and values so that we can keep in perspective the

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difference between process and
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commitment and focus, showing

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them that when they reside in the present moment, practice becomes effortless and enjoyable, and often the practice becomes the goal, as we take baby steps but relish each of those steps.

The Practicing Mind: Developing

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By Thomas M. Sterner New World
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Thomas Sterner is an
accomplished musician who, as a
child, practiced his instruments

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words: simplify, small (tasks),
short (duration) and slow
(deliberation). New habits are
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day, 21 days to a new habit). Old habits are removed by a trigger, a "pre-shot" routine that diverts the focus from the goal to the process instead.

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passively learning. You will never reach a level of performance that feels complete, so learn to love the art of practicing your skill. The Practicing Mind summary

Book Summary: The Practicing Mind by Thomas M. Sterner

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In a society of immediate gratification, Thomas M. Sterner's book THE PRACTICING MIND

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almost parodies itself. Designed to be a primer for slowing down, becoming more aware of the present moment, and increasing self-discipline and focus, Sterner's brilliance shines through in the brevity of this complex book's pages.

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acquire a new skill or face a

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of life, from golfing to business to
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Master Any Skill or Challenge by
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Author: Thomas M. Sterner:

Publisher: New World Library,
2012: ISBN: 1608680916,

9781608680917: Length: 168
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comprehensively deals with

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helping the individual understand exactly what present-moment awareness is, how we are raised in a manner contradictory to this, and how we change our mindset to make this a part of our daily living. This book is accessible to listeners of all philosophical

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likes. Like "Most of us spend very

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little time in the present moment.
We usually are either thinking
about something that has not yet
happened (and may never
happen) or reliving something ...

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