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Paying rapt attention whether to a trout stream or a novel , a do it yourself project or a prayer, increases your capacity for concentration, expands your inner boundaries and lifts your spirits, but more important simply makes you

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"Rapt" is about living a better life through directing our attention, in various forms and on various levels. It's aptly labeled as "psychology/self-help."

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Gallagher strings together different studies to lead the reader through various ways they could improve their lives, but never explicitly labeling various behaviors as rules or tips.

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between controlled attentional focus and some forms of meditation. Achieving intense focus or flow-like states can enhance cognitive performance, and perhaps (as the author suggests) a more rewarding life.

**RAPT: Attention and focus -
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Many behavioral economists and social psychologists also share his concern about what he calls "the consequences of mis-attention." — Winifred Gallagher, *Rapt: Attention and the Focused Life*

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book which I know I will return to more than once, and Winifred Gallagher's "Rapt: Attention and the Focused Life" is one of these. Her central thesis is that in order to make the most of life and what you do during it, the quality of experience is based on how you attend to what you are doing, thinking and being.

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Rapt: Attention and the Focused

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Life (Paperback) | Porter ...

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and suppress what doesn't.

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