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- optimize mental and physical performance

Includes a 60-minute audio CD:

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-

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Jan 06, 2008. My own introduction to Open Focus took place in the early 1980s when I explored its potential as a tool for spiritual development.

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The open-focus brain: harnessing the power of attention to heal mind and body / Les Fehmi and Jim Robbins. p. cm. Includes bibliographical references and index. eISBN 978-0-8348-2271-9 ISBN 978-1-59030-376-4 (hardcover: alk. paper) ISBN 978-1-59030-612-3 (paperback: alk. paper)
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psychologist and researcher