Table of contents

Focus

Page 3

Dedication

Page 4

Contents

Page 61

The Subtle Faculty

Page 16

Part I: The Anatomy of Attention

Page 172:

Basics

Page 293:

Attention Top and Bottom

4: The Value of a Mind Adrift

5: Finding Balance

Part II: Self-Awareness

6: The Inner Rudder

7: Seeing Ourselves as Others See Us

8: A Recipe for Self-Control

Part III: Reading Others

9: The Woman Who Knew Too Much

10: The Empathy Triad

11: Social Sensitivity

Part IV: The Bigger Context

12: Patterns, Systems, and Messes

13: System Blindness

14: Distant Threats

Part V: Smart Practice

15: The Myth of 10,000 Hours

16: Brains on Games

17: Breathing Buddies

Part VI: The Well-Focused Leader

18: How Leaders Direct Attention

19: The Leader's Triple Focus

20: What Makes a Leader?

Part VII: The Big Picture

21: Leading for the Long Future

Acknowledgments

Resources

Notes

Index

About the Author

Also by Daniel Goleman

Credits

Copyright

About the Publisher

Footnotes