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Practicing Mind

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And Focus  
Into Your  
Life Thomas  
M Sterner**

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Bringing

## **The Practicing Mind Bringing Discipline**

"The Practicing Mind" is a short, no-fluff book that offers powerful lessons on self-discipline and better practice. My key takeaways:-If you slow down and act deliberately, the results will come.

## **The Practicing Mind: Bringing Discipline**

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The Practicing Mind:  
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Sterner (Author,  
Narrator), Mountain  
Sage Publishing  
(Publisher) 4.5 out of 5  
stars 452 ratings See  
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**The Practicing Mind:**

*Page 7/25*

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## **Bringing Discipline and Focus into ...**

The practicing mind is quiet "At times we must do several things at once, but the problem for us is that we are so used to always multitasking that, when we decide we want to reel in our minds and focus ourselves on just one activity, we can't. Our minds are so agitated, and that agitation has a tremendous amount



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of momentum.

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**Bookworm #3: The**

**Practicing Mind:**

**Bringing Discipline**

**and ...**

“In The Practicing

Mind, Tom Sterner

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

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expectations and values so that we can keep in perspective the difference between process and product, progress and goals.

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Jimmy Carter Cold War

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### Practicing Mind

Thomas M. Sterner. In those times when we want to acquire a new skill or face a formidable challenge we hope to overcome, what we need most are patience, focus, and discipline, traits that seem elusive or difficult to maintain.

### **the practicing mind: bringing discipline and focus into ...**

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**The Practicing Mind:  
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In The Practicing Mind, he shows us how to incorporate mindfulness in ways

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## Sterner

## Sterner

we all can emulate. He suggests exercises to aid in the process of practice, and demonstrates the joy of discipline. Thomas Sterner is a man who finds lessons in real life, an ordinary master of life, the amiable guru next door from whom we can borrow butter or wisdom, as we choose.

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*Page 14/25*

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Practicing Mind  
**Developing Focus**

**and ...**

All of life is practice in one form or another.

Actively practicing something is very different from

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. This is my book summary of The Practicing Mind by

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Thomas M. Sterner.

Bringing

**Book Summary: The**

**Practicing Mind by**

**Thomas M. Sterner**

Despite what many

may think, self

discipline is a learned

behavior. It requires

practice and repetition

in your day-to-day life.

To improve your own

self discipline, test out

these 5 proven ...

**5 Proven Methods**

**For Gaining Self**



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**Discipline**

Main The Practicing  
Mind: Bringing  
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Practicing Mind:  
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Thomas M. Sterner.  
Year: 2006. Publisher:  
Mountain Sage  
Publishing. Language:  
english. ISBN 13:  
9780977657254. File:  
EPUB, 143 KB. Send-to-  
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**The Practicing Mind:  
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'The Practicing Mind engagingly transforms difficulty into devotion, offering a practical, easy-to-understand approach that will transform your view of even the most challenging or mundane steps on your journey of life.'-Marney K. Makridakis, author of Creating Time and founder of

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October 31, 2020 by 0.

He lives in Wilmington,

Delaware. 125 Pound

Striped Bass, Cackletta

Gender, Some

relatively decent

advice about

mindfulness and focus

but as with all books

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like this ...

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The Practicing Mind  
Quotes Showing 1-28  
of 28. "Progress is a

natural result of  
staying focused on the  
process of doing

anything.". — Thomas  
M. Sterner, The  
Practicing Mind:

Bringing Discipline and  
Focus into Your Life.

tags: life-lesson , p57 ,

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wisdom. 18 likes.

Bringing

**The Practicing Mind  
Quotes by Thomas  
M. Sterner**

Practice this: Take 2 minutes to sit still, and focus on your breath, noticing when your mind wanders and gently returning to the breath. There are lots of other ways to meditate, but this is the simplest, and it shows you how to watch the urges that

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come up, and see that you don't need to act on those urges.

**7 Discipline-  
Mastering Practices  
: zen habits**

This week 12 lessons from Thomas M. Sterner's excellent book The Practicing Mind: Bringing Discipline and Focus into Your Life. I don't usually read self-help/improvement books, but this was a

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free listen on Audible  
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channels, I think), and I  
needed something in  
the background.

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Thomas M Sterner

Author: [www.guitar-academy.co.za](http://www.guitar-academy.co.za)

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