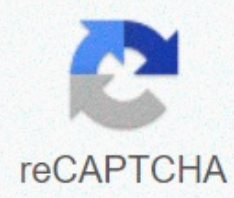




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The practicing mind thomas sterner pdf

Your whole life is training in one form or another. Active exercise of something is very different from passive learning. You will never achieve a level of performance that feels perfect, so learn to love the art of practicing your skills. This is my book summary of The Practicing Mind by Thomas M. Sterner. My notes are unofficial and often contain quotes from the book as well as my own thoughts. This summary also contains key lessons and important points from the book. Buy book: [Print your Ebook](#) [Audiobook](#) Or browse for more book summarizes. Thanks for reading. You can get more deliverable ideas from my popular email newsletter. Every week I share three short ideas from me, 2 quotes from others and 1 question thinks. Over 1,000,000 people are ordering. Enter your email address now and join us. Developing focus and discipline in your life I use techniques that I have learned from The Practicing Mind every day. The approach is relevant both to business leaders and their junior golfers on and off the field. I recommend it to all my students as its lessons help them both in golf and in life. Eric MacClue's Thomas Sterner gives us a useful, thoughtful, much-needed book about often overlooked science and practical art. It combines careful research with plenty of enlightening and entertaining personal stories. Anyone who wants to succeed anywhere should read this. Keep practicing! Roy F. Baumeister In a society of instant gratification, Thomas M. Sterner's book The Practicing Mind almost parodies itself. Sterner's brilliance shines through in the shortness of the pages of this complex book.... This small but intense book produces enough information to reflect and seek a lifetime. Roundtable Reviews In Training, Tom Sterner achieves a rare combination: he provides not only a clear practical phase creation to create focused work, but also a theoretical background that can help us frame our expectations and values again so that we can keep in perspective the difference between process and product, progress and goals. Highly recommended. Dr. Scott A. Davison Buy your digital version Welcome to Thomas Sterner's Rehearsing Institute of Mind The Practicing Mind is quiet, however, it is not silent, because any activity contains thoughts. It's absorbed into the present. This is due to awareness of the goal, but at the same time to detachment from the moment it is achieved. The commitment to the goal that always pulls us out of the current moment is due to the false feeling that we are imperfect at the moment, the feeling that there is a perfect place and I am not there. That place is outside me, in the future, not here or now, and when I arrive at that place, this feeling. And I'm happy. It is strange that no matter how many times it is shown to us that this way of thinking is a very unproductive paradigm, we still stick to it. Thomas Sterner The practicing mind is quiet; however, it is not silent, because any activity contains thoughts. It's absorbed into the present. This is due to awareness of the goal, but at the same time to detachment from the moment it is achieved. The commitment to the goal that always pulls us out of the current moment is due to the false feeling that we are imperfect at the moment, the feeling that there is a perfect place and I am not there. That place is outside me, in the future, not here or now, and when I arrive at that place, this feeling disappears and I'm happy. It's strange that no matter how many times we're shown that this mindset is a very unproductive paradigm, we're still sticking to it. -- Thomas Sterner I enjoyed this book as a look at some familiar criteria that are so difficult to really put into practice (pun intended). The book celebrates thoughtful practice with themes of presence (mindfulness), awareness and non-judgment. Highlights for me include:* Mastery is self-control and self-control requires awareness of our thoughts: If you can't control your thoughts, you don't control yourself. Without self-control, you don't have real power, no matter what els I enjoy from this book as a look at some familiar basics that are so hard to really put into practice (pun intended). The book celebrates thoughtful practice with themes of presence (mindfulness), awareness and non-judgment. Highlights for me include:* Mastery is self-control and self-control requires awareness of our thoughts: If you can't control your thoughts, you don't control yourself. Without self-control, you have no real power, no matter what else you achieve. If you're not aware of the thoughts you think in every moment, you're a rider with no control over where you're going. You can't control what you're not aware of. Consciousness must be before the moon. * If we want to change our thoughts, we need to be aware of them: Who is this other party who knows you are aware? The answer is your true self. Whoever speaks is your ego or your personality. The one who is quietly aware of who you really are: the Observer. The more closely you agree with the silent observer, the less you judge. Your internal dialogue is starting to shut down, and you're more disconnected from the various external stimuli that will come at you all day. You really start looking at your internal dialogue with an objective (and sometimes amused) perspective. * It's a trap to focus too much on the product (goal) rather than the process: These all say that process, not to a product that: the purpose of the process was to achieve. It's a paradox. When you focus on the process, the desired product takes care of itself smoothly. When you focus on the product, you immediately start fighting yourself and experience boredom, restlessness, frustration and impatience with the process. The reason for this is not difficult to understand. When you focus on the present, what you're doing right now, you're always where you want to be and where you should be. All your energy goes into what you do. However, when you focus on where you want to end up, you're never where you are and spending your energy on unrelated thoughts instead of putting it in what you're doing. In order to focus on the present, we must give up our affection for the desired goal, at least temporarily. * Same theme, but nicely illustrated: I once read an interview with the coach of the U.S. Olympic archery team. He commented that the biggest problem he faced in coaching the American team was that they were caught up in their scores or the result of the shots. It was as if they had pulled a bow and unleashed an arrow just to hit the bull's eye and earn a good score. This was unlike Asian teams that grew up in different cultures, consumed in a process that properly executed the technique that led to the release of the shot. Where the arrow hit the target was almost insignificant compared to the movement of the right drawing of the bow and the release of the shot. They looked at the result almost detachedly indifferently. For them, the desired goal was a natural result of prioritizing the right technique for drawing the bow. They acted in a completely different paradigm and were therefore very difficult to beat. * Again the same concept, but with the goal as the rudder: When you deliberately stay focused on the current moment, the goal comes at you with frictionless ease. However, when you keep focusing on the goal you're aiming for, you push it away instead of pulling it towards you. Every moment you look at a goal and compare your position to it, you confirm to yourself that you haven't achieved it. In reality, you only need to acknowledge the goal to yourself randomly, using it as a rudder to keep you moving in the right direction. * Radical concept (in my opinion) that the difference between fun and work is often just a decision (i.e. how we think about it): I've found that the only difference between the two activities is that we pre-assess them. We make the conscious decision that if we enjoy the action, it is not a job. We therefore need to temporarily suspend the definition of work, which refers to a daily calling. In this debate, the work refers to any activity we do not want to do, and although it could certainly include our job, or at least of them, that's it also includes all the activities that we consider to be undesirable. * Four S-words: Simple (When working on a specific project or activity, simplify it by subdividing it into its component sections. Don't set goals that are too far out of your reach. Unrealistic goals create frustration and invite you to failure, which can make you doubt your abilities. The success of achieving each simple goal creates motivation that takes you forward in the process, and you do not suffer from the mental fatigue you experience when you bite off more than you can chew); Small (... share the overall target into small parts that can be achieved with a comfortable amount of concentration. Note that focusing on small parts is easier than focusing on the whole task and giving you repeatable success); Short (You can survive anything for 45 minutes.); Slow (Including slowness in the process is a paradox. I mean slowly that you're working at a pace that allows you to pay attention to what you're doing.) * For me personally, in addition to being present (and closely related), the practice of non-sentencing seems absolutely necessary: The judgment requires an evaluation process, a comparative process. This requires relativity, an ideal. As I mentioned earlier in the book, judgments are always based on some preconception of perfection. There is always an imagined ideal object, experience or circumstances that allow us and even force us to judge. We compare the current situation with either the most imagined ideal situation of the same nature or the most similar situation. When you don't know that judgments happen, they become themselves constant, and the ideal always evolves. ... More... More