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The Practicing Mind. It's the key to true inner peace and contentment. In a world that conditions us to obsess about goals and outcomes, it's easy to miss the importance of the process. The PRACTICE.

Thomas Sterner brilliantly (!) helps

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us bring discipline and focus into our lives to experience the presence and joy that comes as a result.

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free flowing. (You get in flow.)  
Actively practicing something is  
very different from passively  
learning. Education: when school  
funding is determined by how many  
high test scores we put out, what  
students actually learn is merely a  
footnote. Japanese perfect plate

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thoughts. Their minds run all over  
the place without their permission,  
and they go along for the ride

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and practice grew, I began to direct  
all my effort into defining the  
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deals with helping the individual  
understand exactly what present-  
moment awareness is, how we are



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raised in a manner contradictory to this, and how we change our mindset to make this a part of our daily living. This book is accessible to listeners of all philosophical backgrounds.

The Practicing Mind: Developing

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session. Everything in life worth  
achieving requires practice.

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Practice is not just for artistic or athletic skill, but practicing patience, practicing communication, practicing anything you do in life. The process/practice itself is the real goal, not the outcome.

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concept of present moment  
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lessons on self-discipline and better practice. My key takeaways:-If you slow down and act deliberately, the results will come.-Setting goals is a great way to drive yourself forward, but never feel unsatisfied with where you're at... enjoy where you're at, be thankful for what ...

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