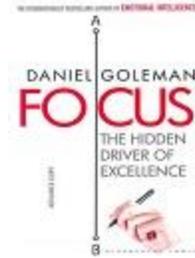


Focus: The Hidden Driver of Excellence by Daniel Goleman

Target Audience: Total Force

Purpose: To help others gain a better understanding of their ability to focus and use it to attain excellence within themselves and as a leader within their organization.

Description: Goleman redefines the paradigm on focus as an internal resource. He breaks down the mechanics of “Top Down” and “Bottom Up” cognitive functions to describe how concentration gets distributed. Goleman explains the benefit of increasing self-awareness of one’s own attention and how to balance between laser precision and big picture focus.



In the later chapters, Goleman discusses how to utilize our new understanding of focus and how it is a vital quality for leaders to possess. A “well-focused leader” can direct other’s attention to a common goal, inspire, and influence achievement.”

This Book consists of 7 parts with 21 short chapters;

-Part I: The Anatomy of Attention

Basics, Attention Top and Bottom, The Value of a Mind Adrift, Finding Balance

-Part II: Self Awareness

The Inner Rudder, Seeing Ourselves as Others See Us, A Recipe for Self-Control

-Part III: Reading Others

The Woman Who Knew Too Much, The Empathy Triad, Social Sensitivity

-Part IV: The Bigger Context

Patterns, Systems, and Messes, System Blindness, Distant Threats

-Part V: Smart Practice

The Myth of 10,000 Hours, Brains on Games, Breathing Buddies

-Part VI: The Well-Focused Leader

How Leaders Direct Attention, the Leader’s Triple Focus, What Makes a Leader?

-Part VII: The Big Picture

Leading for the Long Future

Employ: *Focus: The Hidden Driver of Excellence* is an excellent resource for anyone seeking to improve their own personal abilities or that of their organization. New perspectives on concentration and its inner workings will yield the reader with valuable insight that provides practical application for their everyday lives and career. Goleman is an expert in this field most well-known for his book *Emotional Intelligence*. He is the co-founder of the Collaborative for Academic, Social, and Emotional Learning at Yale University, and co-directs the Consortium for Research on Emotional Intelligence.

Reviewed by SrA Jeannette Hilliard, 28th Operational Weather Squadron, Shaw AFB, SC (2016)