

OPEN FOCUS BRAIN

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Open Focus is a practical and effective method for reducing stress-related symptoms and enhancing well-being, using principles developed in the field of biofeedback. Open Focus practice helps to develop attentional skills, the most basic behavior in which we engage.

[The Open-Focus Brain | Shambhala](#)

The Open-Focus Brain Audio Exercises and Instruction
Many of us have become stuck in narrow-focus attention: a tense, constricted, survival mode of attention that holds us in a state of chronic stress and which lies at the root of common ailments including anxiety, depression, ADD, stress-related migraines, and more.

[Les Fehmi | The Open Focus Brain | Brain Sync](#)

Les Fehmi, Ph.D, biofeedback pioneer, and director of the Princeton Biofeedback Center, shares his groundbreaking work and mental techniques to help us improve mental and physical performance, experience greater creativity, clarity and insight.

[The Open-Focus Brain: Harnessing the Power of Attention to ...](#)

The Open-Focus Brain features eight essential attention exercises for improving health, along with an audio CD in which the author guides the reader through fundamental Open-Focus exercises that can be used on a regular basis to enhance our health and well-being.

[The Open-Focus Brain, by Dr. Les Fehmi & Jim Robbins ...](#)

My first read of The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body, by Dr. Les Fehmi and Jim Robbins, generated mild interest in the science behind Dr. Fehmi's techniques and descriptions of case studies using the techniques.

[The Open-Focus Brain: Harnessing the Power of Attention to ...](#)

The Open-Focus Brain features eight essential attention exercises for improving health. Dr. Fehmi writes, "Everyone has the ability to heal their nervous systems, to dissolve their pain, to slow down and yet accomplish more, to experience the deeper side of life in short, to change their lives for the better dramatically."

[Focusing on Open Focus: Part I What is Open Focus?](#)

Dr. Les Fehmi and Susan Shor Fehmi explain how Open Focus was discovered and why the way we pay attention is important to the Open Focus method.

[Open Focus Training - SELF HELP geared by FLEXIBLE ATTENTION](#)

Open Focus is a scientifically developed system for normalizing mind and body function by practicing flexible attention. Flexible attention is an ability to alternate between narrow attention (focused) and diffused attention (broad) or to apply both at the same time.

The Open-Focus Brain: Harnessing the Power of Attention to ...

Open Focus helped with this, Open Focus helped with that. Firstly, it's too annoying to have this brand name dropping several times on each page. Secondly, when you read about how it magically helps with everything it's hard to buy the story.