

## PRACTICING MIND



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The Practicing Mind is quiet; it is not silent though because any activity contains thoughts. It is absorbed in the present moment. This comes from an awareness of the goal but at the same time a detachment from the moment it will be reached.

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This is my book summary of The Practicing Mind by Thomas M. Sterner. My notes are informal and often contain quotes from the book as well as my own thoughts. This summary also includes key lessons and important passages from the book

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### **Book Summary The Practicing Mind by Thomas M Sterner**

Real peace and contentment in our lives come from realizing that life is a process to engage in, a journey down a path that we can choose to experience as magical . When we subtly shift toward both focusing on and finding joy in the process of achieving instead of having the goal, we have

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**The Practicing Mind by Thomas Sterner Summary Notes and**

Somewhere between Peak and Zen Mind Beginner s Mind, The Practicing Mind provides a good framework for thinking about your art in a nonjudgemental way. It helps with the spiritual side of skill development, instead of always just focusing on go go go.

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**Buch The Practicing Mind Springest**

The Practicing Mind (2005) offers a smart and simple solution to handling anxiety when working toward our goals. These blinks show the impact our expectations have on our productivity, and reveals steps you can take to live in the present, enjoy your progress and really get things done.

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