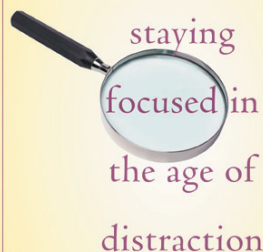


Your Focus Becomes Your Life

ELIZABETH HANSON HOFFMAN, PH.D.
CHRISTOPHER D. HOFFMAN, MSW, LCSW



How Mindfulness, Prayer &
Meditation Can Help You Pay
Attention to What Really Matters

One of the deepest tragedies is to live a life that is not your own.

—from *Staying Focused In The Age of Distraction*

Studies show that on average, unhappy people spend twice as much time focused on the negative aspects of their lives and surroundings as they do on the positive aspects (Lyubomirsky 1994). These people are less likely to feel satisfied with their lives and are more prone to depression. According to authors Elizabeth and Christopher Hoffman, happy people focus on things that brightens their futures and causes them personal satisfaction and contentment. Seems logical, right? But the fact is discovering what has meaning to us and learning to nurture and cultivate it is not always easy.

The War For Our Attention

Do any of these activities sound like things you do regularly, or even occasionally?

- *Watching television
- *Shopping at the mall
- *Going to the movies
- *Using the Internet
- *Reading a newspaper
- *Glance at billboards
- *Listening to the radio
- *Glance through a magazine

If so, then there is a war going on for your attention. From the internet pop-up that distracts you from the online article you're reading to the curiously addictive commercial jingle that you find yourself humming throughout the day, there are dozens of instances during your day when big business has succeeded in intruding into our consciousness.

In their new book Elizabeth Hanson Hoffman, Ph.D., and Christopher Hoffman, LCSW, describe life in the age of distraction, and they show readers how to dramatically improve their quality of life by learning to pay attention to those things that matter to them the most.

Each chapter lays out simple, step-by-step techniques that readers can use to focus on values, practice meaningful activity, and develop a deeper sense of spirituality. The Hoffmans single out mindfulness practice and prayer as particularly effective ways of tuning out life's distractions and focusing on leading a rich and meaningful life.

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com

Staying Focused In The Age of Distraction: How Mindfulness, Prayer, and Meditation Can Help You Pay Attention to What Really Matters, by Elizabeth Hanson Hoffman, Ph.D., and Christopher D. Hoffman, MSW, LCSW

ISBN: 1-57224-433-X, \$16.95, 192 pages

Published in May 2006 by New Harbinger Publications,
800-748-6273, www.newharbinger.com

About the Authors of *Staying Focused In the Age of Distraction*

Bill Hench - Photographer



Elizabeth Hanson Hoffman, Ph.D., is a clinical psychologist in private practice, professional speaker, and consultant who has given seminars and workshops nationally. She is coauthor (with Christopher Hoffman) of the book *Recovery From Smoking* and author of over thirty professional articles.

Christopher Hoffman, MSW, LCSW, is a psychotherapist, nursing home social worker, author, and lecturer. Visit their website at www.hoffmanpsych.com.



Raves For *Staying Focused In the Age of Distraction*

"These days life seems stuck on fast forward, passing us by with break-neck speed. In their book *Staying Focused in the Age of Distraction*, the Hoffmans provide a thought provoking and user-friendly guide for all of us who need to recapture the focus of our lives in a world filled with distractions. The authors put readers in touch with the wisdom of the rich and varied spiritual traditions of Jewish, Christian, and Eastern scholars and mystics. Then they add a healthy dose of the best current clinical views on mindfulness and behavior change to create a helpful series of experiences and exercises that are easy to use. The strategies combined with the interesting and illustrative stories of people that readers will certainly recognize convinced me that by dedicating a few minutes a day we really can overcome the sense of being frazzled and overwhelmed by our daily lives and regain focus, health, and happiness."

—Carlo C. DiClemente, Ph.D., professor and chair of the Department of Psychology at the University of Maryland, Baltimore County

"With so much of the world trying to capture our attention, it is a major challenge to attend to what matters and tune out what doesn't. *Staying Focused in the Age of Distraction* provides an inspirational and practical approach to changing, including a guide through the stages of change, so that we can become centered on that which matters most in our lives."

—James O. Prochaska, Ph.D., professor of clinical health and psychology and director of the Cancer Prevention Research Center at the University of Rhode Island in Kingston, RI

"*Staying Focused in the Age of Distraction* goes beyond homilies and slogans, it uses up-to-date research to give readers practical steps on how they can achieve meaningful change and improvement in their lives."

—Samuel Knapp, Ph.D., psychologist and author

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com

Staying Focused In The Age of Distraction: How Mindfulness, Prayer, and Meditation Can Help You Pay Attention to What Really Matters, by Elizabeth Hanson Hoffman, Ph.D., and Christopher D. Hoffman, MSW, LCSW

ISBN: 1-57224-433-X, \$16.95, 192 pages

Published in May 2006 by New Harbinger Publications,
800-748-6273, www.newharbinger.com

Raves for *Staying Focused In the Age of Distraction* (continued)

"Every once in a great while, a book is written that seems to be synchronized with our lifetime. *Staying Focused in the Age of Distraction* is such a book. This book will lead you on a path of awareness, discovery and hopefully, a meaningful life change. Some self-help books are neither helpful nor teach you much about your true self. This one does both."

—Salvatore Cullari, Ph.D., author of *Treatment Resistance: A Guide for Practitioners, Foundations of Clinical Psychology* and *Consulting and Psychotherapy: A Practical Guide for Students, Interns and New Professionals*

"Your attention is a precious commodity and the competition for it is intense. *Staying Focused in the Age of Distraction* offers help to take charge and manage your attention. Its practical and inspiring approach to getting and staying clear and focused offers hope for more personal fulfillment. Let this be your workbook for positive change."

—The Rev. Duane H. Fickeisen, parish minister of the Unitarian Universalists of the Cumberland Valley located in Boiling Springs, PA

Q & A With Dr. Elizabeth Hoffman

Q: What is the age of distraction?

A: We are living in it! Internet, email, cell phones combined with the bombardment of advertising and media productions. If the corporate world wants to spend millions of dollars to capture your attention, why should you just give it away?

Q: Why is it so important to learn to focus your attention?

A: What will you be doing a year from now? For clues, look around you today. Are you devoting your time and energy towards achieving your goals? By doing so, you can increase and sustain your happiness and well-being. But first you have to learn how to manage your attention.

Q: How can you re-direct your focus for a richer, more meaningful life?

A: Through mindfulness and other focusing strategies you can learn to concentrate on what matters to you and tune out what doesn't.

Q: How can you discover what is meaningful in your life?

A: Childhood strengths and interests contain the blueprint. In *Staying Focused In The Age of Distraction* we guide the reader in developing this blueprint, in combination with their values, beliefs and ethics, so the

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com

Staying Focus In The Age of Distraction: How Mindfulness, Prayer, and Meditation Can Help You Pay Attention to What Really Matters, by Elizabeth Hanson Hoffman, Ph.D., and Christopher D. Hoffman, MSW, LCSW

ISBN: 1-57224-433-X, \$16.95, 192 pages

Published in May 2006 by New Harbinger Publications,
800-748-6273, www.newharbinger.com

Q & A With Dr. Elizabeth Hoffman (continued)

reader has a clearer picture of what is meaningful and worthwhile in his/her life.

Q: How can staying focused increase your happiness?

A: Happiness is a by-product of engagement in meaningful activity. Increasing your focus on that activity, as you filter out distractions, can increase your sense of well-being and happiness.

Q: How does your book incorporate *positive psychology*?

A: Positive psychology looks at what is right with people instead of what is wrong. We guide readers to focus their attention on what brings them happiness, resilience, and a meaningful life by exploring how to increase gratitude, forgiveness, and optimism.

Q: How are prayer, meditation, and mindfulness good for your health?

A: Research that shows that aspects of physical and emotional health are positively influenced by spiritual practices such as prayer, mindfulness, and meditation.

Q: How do you develop a personal plan for increased awareness and focus?

A: Well, our book helps readers to develop focusing skills and identify meaningful activity; then we guide them in assessing his/her current level of motivation for making changes. Afterwards we combine this motivational level with steps to reach the reader's goal for increased awareness and focus.

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com

Staying Focus In The Age of Distraction: How Mindfulness, Prayer, and Meditation Can Help You Pay Attention to What Really Matters, by Elizabeth Hanson Hoffman, Ph.D., and Christopher D. Hoffman, MSW, LCSW

ISBN: 1-57224-433-X, \$16.95, 192 pages

Published in May 2006 by New Harbinger Publications,
800-748-6273, www.newharbinger.com