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The essential theme of Daniel Goleman's new book "FOCUS: The Hidden Driver of Excellence" is that "paying attention" is a lost art form that needs resurrecting. In today's noisy fast-moving world, it's easy to become distracted, isolated and overwhelmed. Yet focus is integral to our happiness, productivity and relationships (both personal and professional).

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Daniel Goleman, former New York Times science reporter and multiple-bestselling author, changed the landscape of management with his book Emotional In. Focus: The Hidden Driver of Excellence by Daniel Goleman was chosen by Soundview Executive Book Summaries as one of the Top 30 Business Books of 2014.

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