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Common wisdom aside, attention research is full of surprises.

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Rapt: Attention and the Focused Life After seeing Winifred Gallagher in person speaking on the topic, I had to buy the book. She is a gifted author; gifted with words, clarity of expression, descriptive language, personal anecdotes, insight, wisdom. I valued her background and research on the subject, adding a richness of validity to her remarks.

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