

"Offers a potential cure for the chronic distractibility that has become the norm in modern life."  
—FROM THE FOREWORD BY DANIEL GOLEMAN

# *The* Attention Revolution



UNLOCKING  
THE POWER OF  
THE FOCUSED MIND

B. ALAN WALLACE, PH.D.

# The Attention Revolution

Alan WALLACE

Meditation offers, in addition to its many other benefits, a method for achieving previously inconceivable levels of concentration. Author B. Alan Wallace has nearly thirty years' practice in attention-enhancing meditation, including a retreat he performed under the guidance of the Dalai Lama. An active participant in the much-publicized dialogues between Buddhists and scientists, Alan is uniquely qualified to speak intelligently to both camps, and *The Attention Revolution* is the definitive presentation of his knowledge. Beginning by pointing out the ill effects that follow from our inability to focus, Wallace moves on to explore a systematic path of meditation to deepen our capacity for deep concentration. The result is an exciting, rewarding "expedition of the mind," tracing everything from the confusion at the bottom of the trail to the extraordinary clarity and power that come with making it to the top. Along the way, the author also provides interludes and complementary practices for cultivating love, compassion, and clarity in our waking and dreaming lives. Attention is the key that makes personal change possible, and the good news is that it can be trained. This book shows how.