Finding Focus By Understanding the Science of a Human's Attention Span

By LYNN WARE PEEK & PETE STOUGHTON • 5 HOURS AGO

On The Mountain Life, Lynn Ware Peek speaks with Dr. Amishi Jha, author of Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day.

Dr. Jha has dedicated her professional life to understanding the science of attention at every level.

She has field tested soldiers, athletes, firefighters, judges, and executives to scientifically determine how we can harness our focus to be better at all of life’s demands.

She’s presented her research at international meetings, ranging from the World Economic Forum to the Pentagon.
Did you know, we actually use 100% of our attention at every waking moment? However, Dr. Jha has discovered that unless we create room in our minds through specific and targeted daily practice, we cannot control what captures our attention.

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