Welcome! Thank you for your interest in *Peak Mind* and the Jha Lab’s activities. I’m excited to share with you new partnerships, recent events, podcasts, and new publications from my lab at the University of Miami. Your support and engagement mean a great deal to me! Thank you for your attention!

Amishi Jha, PhD  
Professor of Psychology, University of Miami

**TRAIN YOUR ATTENTION!**

New Partnership with Chopra Global on the Chopra App

Join me for Chopra's Journey to Well-being! This month I’m sharing practices to cultivate a Healthy Mind. This program (free for the month of February) will introduce you to practices to gain fuller access to your life inspired by those described in my book, *Peak Mind*. See session summary below:

**Session 1:** Learn to direct your focus in a clear, narrow, and selective manner.
**Session 2:** Practice guiding your focus towards specific aspects of your sensory experience.
**Session 3:** Learn to observe the present with broad, open awareness.
**Session 4:** Discover how paying attention can help build connections and cultivate compassion.
**Session 5:** Prepare to integrate the practice into your daily life.

**REGISTER HERE!**

More about the Chopra App: Once you register, you’ll receive FREE programs from renowned voices in well-being each month to focus on a different area of your life as you navigate your own personal path to wellness. You’ll also receive downloadable tools and personalized content to help you develop daily and seasonal routines.
This course journeys through the science of attention and distraction, explaining how just 12 minutes of mindfulness practice each day can have a big impact on how you live and experience your life. Attention is what fuels our success, as leaders and professionals, as parents or partners, as human beings. For over 20 years my lab has been researching the brain’s attention system. We’ve made groundbreaking discoveries about the power of our attention and developed solutions to protect and strengthen it. We’ve offered and tested these tools everywhere from classrooms to boardrooms and sports fields to battlefields, finding again and again that they work. I’m so excited to share what we have learned with you in this course so that you too can unlock the power of attention to benefit your life.

REGISTER HERE

RESEARCH CORNER

I am thrilled to share recently published papers by the Jha Lab!


New Course in Partnership with Mindful.org!

Find Your Focus:
12-minute practices to own your attention and perform at your best.

Our attention lapses so often that we can end up missing fifty percent of our lives. As distractions get more and more constant and sophisticated, we need effective tools to get our attention back. A growing body of research suggests that mindfulness practice is one of the most effective ways out of this crisis of attention, helping us cultivate greater focus, effectiveness, and well-being.