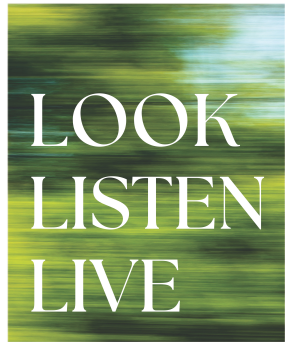


Look, Listen, Live

Cultivating Attention in a Distracted Culture

Aimee Joseph

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CULTIVATING ATTENTION IN A
DISTRACTED CULTURE

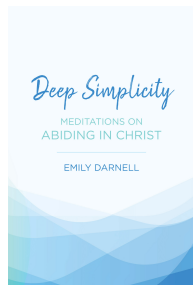
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DESCRIPTION

Cultivate Deep Attention in a Distracted World

In an age of endless notifications and fractured focus, Aimee Joseph offers a profound exploration of how to cultivate meaningful attention in a world designed for distraction. *Look, Listen, Live* presents three transformative pathways – presence, beauty, and even pain – that can help us develop deeper attention to God and others.

Drawing from Scripture, neuroscience, and personal experience, Joseph shows how our capacity for attention directly shapes our relationship with God and our ability to love others well. She demonstrates that attention is not just about focus and productivity, but about worship and relationship. Through practical guidance and theological insight, readers will learn how to:

- Move from scattered distraction to focused devotion
- Use beauty as a pathway to deeper spiritual attention
- Find meaning and growth through suffering
- Develop habits that nurture sustained attention
- Practice presence in an age of constant interruption

AUTHOR

Aimee Joseph is an author, a church-planting wife, and a mother to three sons based in San Diego, California. She has written *Demystifying Decision Making: A Practical Guide* (Crossway) and *You are Secure: Devotions for When Life is Uncertain* (New Growth Press). She loves to equip women in the local church to love God's word!

ENDORSEMENTS

Aimee's gentle yet compelling style invites readers to look up and listen intently so we might be captivated by the beauty and blessing of a life devoted to the worship of God Almighty. Seeing really does lead to believing!

Karen Hodge

Coordinator of Women's Ministries, Presbyterian Church in America; author of 'Transformed: Life-taker to Life-giver'

In an increasingly distracted, disengaged, and noisy world, Aimee Joseph offers a wise and winsome guide to recovering attentiveness to what matters most in life: the beauty and worth of the Living God.

Beverly Berrus

Writer and Speaker

It opened my eyes to how often I rush past what matters—reminding me to slow down, be present, and fix my eyes on the Lord. In a world of constant distractions, this book will help you stay awake to beauty, anchored in presence, and attentive to God's grace in suffering.

Vaneetha Risner

Vaneetha Risner, Author, Watching for the Morning

Distraction and inattention hound us every day and hinder us from noticing and meditating on truth, goodness, and beauty--the very things that point us to God. That's why I'm so thankful for this book. Aimee Joseph exhorts us with love and wisdom to stop and pay attention to what truly matters and, even better, she tells us how.

Christine Hoover

Bible teacher; author, 'More Than Enough: God's Strength in Our Weakness in 2 Corinthians'

TECHNICAL DETAILS

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