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Nota di contenuto	Cover -- Contents -- About the author -- Acknowledgements -- How to use this book -- Part 1: Distraction -- Chapter 1: The way we live -- Chapter 2: The things we've lost -- Chapter 3: Mind pollution - the four digital evils -- Part 2: Attention -- Chapter 4: Assess -- Chapter 5: Change starts today -- Chapter 6: Watch the pros -- Chapter 7: Tools and methods (productivity tips) -- Chapter 8: Watch out for being caught out -- Chapter 9: Who's distracting you? -- Chapter 10: Keep your aims in mind, and aim high -- Chapter 11: Reboot and get balanced -- Chapter 12: The ups, the downs, the future -- Tuning in to a digital life -- References.
Sommario/riassunto	If you're worried that you're losing the power to concentrate The Distraction Trap can help. Learn how you can easily release your life from the steely grip of modern technology where you're always available and always connected. Discover how you can radically boost your productivity by keeping your whole brain and both eyes on the task in hand. You may think you can do ten things at once, with a scattered thinking approach and expect to do everything well and on time. Well, you can't. The Distraction Trap will empower you to focus and prioritise, switch off your email, say 'no' to social media ruling your

life and help you rediscover your lost powers of concentration. Your  
campaign to reclaim your life starts here and now!

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