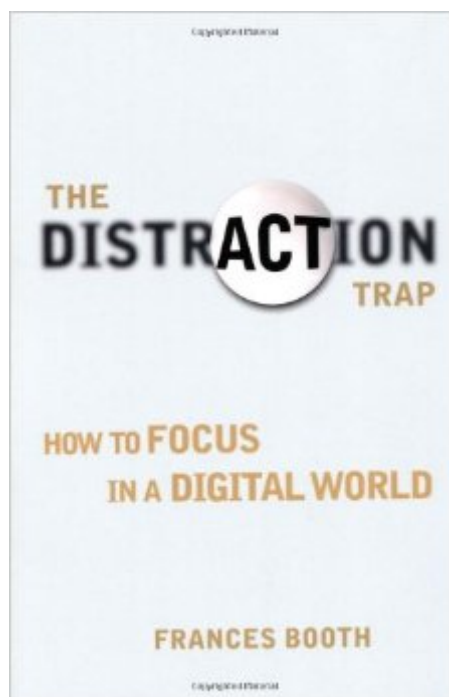


The book was found

# Distraction Trap: How To Focus In A Digital World



## Synopsis

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!

## Book Information

Paperback: 240 pages

Publisher: Trans-Atlantic Publications (March 28, 2013)

Language: English

ISBN-10: 0273785850

ISBN-13: 978-0273785859

Product Dimensions: 6.8 x 0.7 x 7.8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #2,753,116 in Books (See Top 100 in Books) #40 inÂ Books > Computers & Technology > Programming > Algorithms > Memory Management #1410 inÂ Books > Self-Help > Memory Improvement #7268 inÂ Books > Textbooks > Business & Finance > Management

## Customer Reviews

I had chosen to take redundancy from my UK job and was winding down. Others around me should have been relaxed also as we were all gathered at a corporate charity golf day in the sunshine of the English south coast. I had stationed myself near the first tee and was talking about my future to two colleagues. As we chatted my colleagues tapped away on their Blackberries and their heads seemed midway between our conversation and their jobs. Should I have considered this rude? Was their action informing me that I was no longer of importance? I didn't see it as rude as it seemed at the time to be a perfectly normal and acceptable action. In fact, I didn't even think about it until the vision came back to me while reading the introduction to Frances Booth's book The Distraction Trap and realised that I had escaped the trap that my colleagues had sunk into. Consider this excerpt from the first chapter;-"It's not unusual to be on your smart phone from the moment you wake up in

the morning (in fact it wakes you up) to the moment you go to sleep at night (when your thoughts turn to the emails you've just read in bed). We used to wake up to the sound of birds. Now it's message alerts." I am in a lucky position. I ditched the life of being on e mail all day for a life of self employment where I work freelance for a number of companies, none of which own me and none of which feel they have a right to bombard me with emails. I work when I want and spend the rest of my time with my wife and grandchildren. But for the rest of you this book is a necessity if you are going to beat the system and stay sane.

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