

THE DISTRACTED MIND

ANCIENT

BRAINS

IN A

HIGH-TECH

WORLD

ADAM GAZZALEY
LARRY D. ROSEN

Distracted Mind Ancient Brains High Tech

Minjie Lin



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The Distracted Mind Adam Gazzaley, Larry D. Rosen, 2017-10-27 A brilliant and practical study of why our brain isn't built for media multitasking and how we can learn to live with technology in a more balanced way Jack Kornfield author of *The Wise Heart* Includes practical strategies for fighting digital distraction straight from a neuroscientist and a psychologist Most of us will freely admit that we are obsessed with our devices We pride ourselves on our ability to multitask read work email reply to a text check Facebook watch a video clip Talk on the phone send a text drive a car Enjoy family dinner with a glowing smartphone next to our plates We can do it all 24/7 Never mind the errors in the email the near miss on the road and the unheard conversation at the table In *The Distracted Mind* Adam Gazzaley and Larry Rosen a neuroscientist and a psychologist explain why our brains aren't built for multitasking and suggest better ways to live in a high tech world without giving up our modern technology The authors explain that our brains are limited in their ability to pay attention We don't really multitask but rather switch rapidly between tasks Distractions and interruptions often technology related referred to by the authors as interference collide with our goal setting abilities We want to finish this paper spreadsheet sentence but our phone signals an incoming message and we drop everything Even without an alert we decide that we must check in on social media immediately Gazzaley and Rosen offer practical strategies backed by science to fight distraction We can change our brains with meditation video games and physical exercise we can change our behavior by planning our accessibility and recognizing our anxiety about being out of touch even briefly They don't suggest that we give up our devices but that we use them in a more balanced way

SUMMARY - The Distracted Mind: Ancient Brains In A High-Tech World By Adam Gazzaley And Larry D. Rosen Shortcut Edition, 2021-06-09 Our summary is short simple and pragmatic It allows you to have the essential ideas of a big book in less than 30 minutes As you read this summary you will discover the effects of technology on your brain and how to limit them You will also discover how to become aware of your limitations the impact of multitasking on your attention how to master your technological environment how to improve your driving and social relationships how to become more productive and sleep better the new avenues of neuroscience to boost your brain The human brain although a wonder of nature and the most complex structure known to date is actually full of flaws especially at the cognitive level Its attention span is structurally limited New technologies are constantly calling for greater attention and speed They put pressure on the brain which is not accustomed to such stimuli This makes it difficult to maintain a healthy balance in a technologically invasive everyday life Neurology and psychology provide valuable advice on how to adapt one's behaviour Buy now the summary of this book for the modest price of a cup of coffee

SUMMARY Edition Shortcut (author), 1901

Summary Book Summary Publishing, 2020-03-02 *The Distracted Mind Ancient Brains in a High Tech World* by Dr Adam Gazzaley The human brain although it is a wonder of nature and the most complex structure known to date actually contains many flaws that lead to cognitive biases Its attention span is structurally limited However new technologies

require more and more attention and reactivity from their users They put pressure on the brain which is not used to such stimuli This results in difficulties in maintaining a healthy balance in a technologically invasive daily life Neurology and psychology provide valuable advice on how to adapt your behavior Why read this summary Save time Understand the key concepts Notice This is a THE DISTRACTED MIND Book Summary NOT THE ORIGINAL BOOK Rethinking Your Teenager Darby Fox,2020 By shifting one s mindset from a struggle for control to a framework of structure nurture and support this book will show parents that they can not only survive their children s teenage years but also enjoy this remarkable stage of change and prepare them for adulthood Adolescence can be a tumultuous time for both teens and parents but it is also an amazing developmental phase that can deepen rather than damage parent child relationships

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from the mere chase of pleasure to genuine fulfillment Drawing on over 200 studies and reports this edition offers enriched lists and guidance to help you apply these insights in your everyday life Delve into each chapter to uncover the distinctions between fleeting pleasure and enduring happiness alongside a roadmap for integrating these principles into daily routines A profound truth emerges Happiness elusive when measured reveals itself in unexpected ways Like a delicate butterfly it appears most vividly in the light of purposeful living yet slips away when confined by rigid expectations Your guide to a more fulfilling and contented life awaits complete with actionable steps to translate insight into transformative action

The Distracted Mind Dr. Larry Rosen, Dr. Adam Gazzaley, 2015-11-01 In *The Distracted Mind* leading psychologist Larry Rosen and pioneering neuroscientist Adam Gazzaley explain why our minds have become addicted to email text messages virtual worlds and social media such as Facebook and Twitter Through compelling true stories and scientific research they show how digital distractions affect every aspect of life from work safety and communication to our relationships and health The way our brains work mean we're all too easily hijacked by weapons of mass distraction but there are countermeasures we can take Rosen and Gazzaley offer proven strategies for regaining and retaining control over where we choose to focus our attention making *The Distracted Mind* essential reading for anyone who wants to make best use of their brain today

Internet and Smartphone Use-Related Addiction Health Problems Olatz Lopez-Fernandez, 2021-08-31 This Special Issue presents some of the main emerging research on technological topics of health and education approaches to Internet use related problems before and during the beginning of coronavirus disease 2019 COVID 19 The objective is to provide an overview to facilitate a comprehensive and practical approach to these new trends to promote research interventions education and prevention It contains 40 papers four reviews and thirty five empirical papers and an editorial introducing everything in a rapid review format Overall the empirical ones are of a relational type associating specific behavioral addictive problems with individual factors and a few with contextual factors generally in adult populations Many have adapted scales to measure these problems and a few cover experiments and mixed methods studies The reviews tend to be about the concepts and measures of these problems intervention options and prevention In summary it seems that these are a global culture trend impacting health and educational domains Internet use related addiction problems have emerged in almost all societies and strategies to cope with them are under development to offer solutions to these contemporary challenges especially during the pandemic situation that has highlighted the global health problems that we have and how to holistically tackle them

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