



The Distraction Addiction: Getting the Information You Need and the Communication You Want, without Enraging Your Family, Annoying Your Colleagues, and Destroying Your Soul

Alex Soojung-Kim Pang

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We've all found ourselves checking email at the dinner table, holding our breath while waiting for Outlook to load, or sitting hunched in front of a screen for an hour longer than we intended. Mobile devices and the web have invaded our lives, and this is a big idea book that addresses one of the biggest questions of our age: can we stay connected without diminishing our intelligence, attention spans, and ability to really live? Can we have it all? Alex Soojung-Kim Pang, a renowned Stanford technology guru, says yes. **THE DISTRACTION ADDICTION** is packed with fascinating studies, compelling research, and crucial takeaways. Whether it's breathing while Facebook refreshes, or finding creative ways to take a few hours away from the digital crush, this book is about the ways to tune in without tuning out.

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