

# Reading free Focus a simplicity manifesto in the age of distraction leo babauta Full PDF

In the Age of Distraction The World Beyond Your Head The Pleasures of Reading in an Age of Distraction The Common Rule The Age of Distraction The Thinking Life Focus in the Age of Distraction Hit makers : how to succeed in an age of distraction OFFLINE: Finding Yourself in the Age of Distractions The Age of Distraction Preaching in an Age of Distraction The Age of Distraction The Pleasures of Reading in an Age of Distraction Discipleship in the Age of Distraction The Secret of Fame How to Focus Focus Preaching in an Age of Distraction (Large Print 16pt) The Problem of Distraction Hit Makers Staying Focused in the Age of Distraction The World Beyond Your Head Shakespeare | Cut Living Into Focus Distracted The World Beyond Your Head The Enchanted Hour Distraction Global Business in the Age of Destruction and Distraction Poems of Refuge in an Age of Distraction No More Next Time Reset: Building Purpose in the Age of Digital Distraction Driver Distraction The Zen of Listening Handmade Clickbait Living Into Focus Seeing Again for the First Time A Mind at Peace The Common Rule

**In the Age of Distraction** 2000 the information age bombards us with data from so many sources and media outlets that we find it difficult to maintain control over what we want or what we need to think about urgo alerts us to the contours of such technological imprisonment he argues against allowing ourselves to be controlled by the tools we have created and with thought provoking analysis urges that we assume positions of power over those things that demand our attention

**The World Beyond Your Head** 2015-04-09 from matthew crawford one of the most influential thinkers of our time sunday times comes the world beyond your head a hugely ambitious manifesto on flourishing in the modern world in this brilliant follow up to the case for working with your hands crawford investigates the challenge of mastering one's own mind with ever increasing demands on our attention how do we focus on what's really important in our lives exploring the intense focus of ice hockey players the zoned out behaviour of gambling addicts and the inherited craft of building pipe organs crawford argues that our current crisis of attention is the result of long held assumptions in western culture and that in order to flourish we need to establish meaningful connections with the world the people around us and the historical moment we live in praise for the case for working with your hands the best book i have read for ages a profound exploration of modern education work and capitalism telegraph full of interesting stories and thought provoking aperçus enlivened with humour important memorable and enjoyable the times masterly economist matthew crawford is a philosopher and mechanic he has a ph d in political philosophy from the university of chicago and served as a postdoctoral fellow on its committee on social thought currently a senior fellow at the institute for advanced studies in culture at the university of virginia he also runs shockoe moto a motorcycle repair shop

*The Pleasures of Reading in an Age of Distraction* 2011-05-26 in recent years cultural commentators have sounded the alarm about the dire state of reading in america americans are not reading enough they say or reading the right books in the right way in this book alan jacobs argues that contrary to the doomsayers reading is alive and well in america there are millions of devoted readers supporting hundreds of enormous bookstores and online booksellers oprah's book club is hugely influential and a recent nea survey reveals an actual uptick in the reading of literary fiction jacobs's interactions with his students and the readers of his own books however suggest that many readers lack confidence they wonder whether they are reading well with proper focus and attentiveness with due discretion and discernment many have absorbed the puritanical message that reading is first and foremost good for you the intellectual equivalent of eating your brussels sprouts for such people indeed for all readers jacobs offers some simple powerful and much needed advice read at whim read what gives you delight and do so without shame whether it be stephen king or the king james version of the bible in contrast to the more methodical approach of mortimer adler's classic how to read a book 1940 jacobs offers an insightful accessible and playfully irreverent guide for aspiring readers each chapter focuses on one aspect of approaching literary fiction poetry or nonfiction and the book explores everything from the invention of silent reading reading responsively rereading and reading on electronic devices invitingly written with equal measures of wit and erudition the pleasures of reading in an age of distraction will appeal to all readers whether they be novices looking for direction or old hands seeking to recapture the pleasures of reading they first experienced as children

**The Common Rule** 2023-03-14 habits form us more than we form them the modern world is a machine of invisible habits forming us into anxious busy people we yearn for the freedom of the gospel but remain shackled by our screens and exhausted by our routines the answer is a rule of life that aligns our habits to our beliefs the common rule's four daily and four weekly habits transform frazzled days into lives of love for god and neighbor justin earley provides doable life giving practices to find freedom and rest for your soul this expanded edition now includes study guide questions for individual reflection and

group discussion

**The Age of Distraction** 2012 connections between time technology and the processes of reading and writing make clear the links between experiences of what appear to be quite different phenomena reading and writing have functioned together in a particular way to build the world as we have known it for three thousand years these interacting processes have now been transformed at their core and are building a different world one where certainties of the previous era are disappearing and being displaced by what the author sees as a chronic and pervasive mode of cognitive distraction robert hassan offers a perspective permeated by a sense of history beginning with the invention of writing and the development of the skill of reading together with technological developments these provide a unique view of the trajectory of modernity into late modernity and illustrate how the arc of progress has transformed new modes of time technology and reading and writing are helping create a faster world where we know less about more and forget what we know evermore quickly what is the time of a thought is it possible to measure thinking can we consider knowledge or information or reading and writing as having temporal rhythms these are questions hassan tries to answer so unfamiliar are we to thinking in such terms that they sound impossible to a significant degree time thinking and many forms of knowledge are the fruits of subjective experience we connect experiences at superficial levels where people have different experiences that may be objectively the same but our interpretations will always diverge in respect of the reality we confront this intersection of philosophy and communication takes the reader into new realms of analysis

**The Thinking Life** 2011-09-13 how do we turn off the noise of daily life turn on our brains and begin to engage in that fundamental human activity known as thinking again p m forni america s civility expert has given some thought to how we can successfully think our way through a greatly distracting world and live a better life in the thinking life he looks at the importance of thinking how we do it why we don t do it enough and why we need to do more of it in twelve short chapters he gives readers a remedy for the age of distraction an age fuelled by social networking overload compulsive texting and an omnipresent stream of cellphone calls he shows how to put aside time each day to improve attention introspection self control positive thinking proactive thinking decision making creative thinking problem solving just as forni did with civility he puts the importance of good thinking front and center in a book as lucid and profound as his earlier works the most provocative and useful book i ve read in years robert sutton new york times bestselling author of the no asshole rule

**Focus in the Age of Distraction** 2018-01-11 the world of work has changed but our ways of working haven t kept pace we are now working even harder longer and at a faster pace than ever before longer hours and harder work aren t going to give us the career and life that we want today s work where you re selling your brain power and creativity then your focus attention mindset and engagement are what will make the difference 35 practical and pragmatic tips based on latest research in positive psychology neuroscience and common sense will help you be more focused creative and productive be more focused while at work get more done learn to switch off get on and enjoy your life

Hit makers : how to succeed in an age of distraction 2017 this collection of reflections is to remind us of some of the things we can turn our distracted minds to when we can direct our attention to what are in front of us above us and more importantly within us using all the senses that we were all born with they are a rediscovery of some of the things we have forgotten how to do or have put aside in favour of our allconsuming electronic toys and an attempt to help us reconnect once more with our senses and our natural gifts so why not put your smart phones tablets games gadgets and anything with a screen down for a few minutes take a deep breath and look up because at the end of the day it is not just any journey we are making but a journey to discover and appreciate who we are and what makes us human

OFFLINE: Finding Yourself in the Age of Distractions 2020-04-02 the age of distraction by michael m meyer d min the age of distraction is one man s perspective on the times and events of nearly forty years from the death of president john f kennedy to september 11 2001 it is dedicated to the memory of a 1992 graduate of the academy of the sacred heart in bloomfield hills michigan suzanna kondratenko died along with thousands of others when terrorists attacked the world trade center in new york this book is simply meant to cause the reader to think and in the end it may lead to a more peaceful world

*The Age of Distraction* 2019-05-08 how do we preach when all of us hearers and preachers alike are constantly distracted j ellsworth kalas offers wise insights for effective preaching in an age of distraction he explores how god can meet people precisely at the point of their distraction connecting through pastoral attentiveness creativity and excellence

*Preaching in an Age of Distraction* 2014-01-30 connections between time technology and the processes of reading and writing make clear the links between experiences of what appear to be quite different phenomena reading and writing have functioned together in a particular way to build the world as we have known it for three thousand years these interacting processes have now been transformed at their core and are building a different world one where certainties of the previous era are disappearing and being displaced by what the author sees as a chronic and pervasive mode of cognitive distraction robert hassan offers a perspective permeated by a sense of history beginning with the invention of writing and the development of the skill of reading together with technological developments these provide a unique view of the trajectory of modernity into late modernity and illustrate how the arc of progress has transformed new modes of time technology and reading and writing are helping create a faster world where we know less about more and forget what we know evermore quickly what is the time of a thought is it possible to measure thinking can we consider knowledge or information or reading and writing as having temporal rhythms these are questions hassan tries to answer so unfamiliar are we to thinking in such terms that they sound impossible to a significant degree time thinking and many forms of knowledge are the fruits of subjective experience we connect experiences at superficial levels where people have different experiences that may be objectively the same but our interpretations will always diverge in respect of the reality we confront this intersection of philosophy and communication takes the reader into new realms of analysis

*The Age of Distraction* 2017-09-08 in recent years cultural commentators have sounded the alarm about the dire state of reading in america americans are not reading enough they say or reading the right books in the right way in this book alan jacobs argues that contrary to the doomsayers reading is alive and well in america there are millions of devoted readers supporting hundreds of enormous bookstores and online booksellers oprah s book club is hugely influential and a recent nea survey reveals an actual uptick in the reading of literary fiction jacobs s interactions with his students and the readers of his own books however suggest that many readers lack confidence they wonder whether they are reading well with proper focus and attentiveness with due discretion and discernment many have absorbed the puritanical message that reading is first and foremost good for you the intellectual equivalent of eating your brussels sprouts for such people indeed for all readers jacobs offers some simple powerful and much needed advice read at whim read what gives you delight and do so without shame whether it be stephen king or the king james version of the bible in contrast to the more methodical approach of mortimer adler s classic how to read a book 1940 jacobs offers an insightful accessible and playfully irreverent guide for aspiring readers each chapter focuses on one aspect of approaching literary fiction poetry or nonfiction and the book explores everything from the invention of silent reading reading responsively rereading and reading on electronic devices invitingly written with equal measures of wit and erudition the pleasures of reading in an age of distraction will appeal to all readers whether they be novices looking for direction or old hands seeking to recapture the pleasures of reading they first

experienced as children

**The Pleasures of Reading in an Age of Distraction** 2011-05-26 it is becoming more and more of a challenge to live for christ believers are being deliberately distracted as many things vie for their attention and devotion this book identifies three major types of distraction that every christian faces explains the destructive effects and gives bible based solutions that are practical and renewing if you are ready to get excited again about being a follower of jesus one of his devoted disciples start reading

*Discipleship in the Age of Distraction* 2013-01-22 gabriel zaid is a marvelously elegant and playful writer a cosmopolitan critic with sound judgment and a light touch he is a jewel of latin american letters which is no small thing to be read him you ll see paul berman mr zaid s goal is to capture the variety of anxieties that beset literary fame seekers and he does so with a mocking cleverness a serious theme though runs through his book that with the possible exception of a few agonized painters and musicians no one can quite touch the exquisite torment of the literary artist as he faces the hazards of fate wall street journal in so many books gabriel zaid explored the predicament in which all unrepentant readers find themselves today when the human race publishes a book every thirty seconds more books than any of us can even contemplate much less read now in the secret of fame this playful celebrant of literary proliferation new yorker examines the methods and motivations of literary fame seekers from ancient times to the present day he shines a critical yet humorous light on today s book world whose denizens often find it more interesting to talk about writers than to read them and he takes a serious look at the desire for fame and the disillusionment that can engulf those who achieve it along the way zaid pokes fun at literary and scholarly traditions including the unwritten rules of quoting other authors the ascendancy of the footnote and the practice of publishing foolishly complete works more important to zaid than the fame of a piece of writing or of its writer is the miracle of great writing fame concentrates society s attention on a few names this can be a good thing it keeps us reading the great books keeps us revisiting the great works of art but fame can also be a bad thing it keeps us focused on names not the living experiences of great works which focus our minds speak to the best in us and spark our imagination though the hunger for fame is not going away the deeper quest on the part of the maker as writer artist actor etc is to make us feel more alive more engaged in meaningful conversation with life he concludes nobody knows where masterpieces come from miracles are miracles they catch us before we catch them but we re not trapped by them we re set free gabriel zaid s poetry essays social and cultural criticism and business writings have been widely published throughout the spanish speaking world zaid is the founder and manager of a consulting firm in mexico city involved with the publishing business natasha wimmer is an editor and a translator in new york city her recent translations include the savage detectives and 2666 by roberto bolano and the way to paradise by mario vargas llosa

The Secret of Fame 2008 a new translation of selections from the 5th century monk john cassian s writings on ways to avoid distraction and enhance our concentration distraction is not just an artifact of the digital age and we re not the first to complain about how hard it is to concentrate monks in the late roman empire beat us to it concentration was their job which made them more aware of how hard it was to master john cassian was a monk who lived in the roman empire in the fourth and early fifth centuries the very early days of monasticism he was born in the levant and joined his first monastery there then spent over twenty years in egypt interviewing and learning from ascetic hermits eventually he moved to marseilles to start his own monastery he found that the monks in gaul were hungry for stories of what he d learned in egypt and in the 420s wrote a massive record of his most memorable conversations with the egyptian ascetics called the collationes or conferences in which one of the central preoccupations is the art of staying focused while many monks in cassian s day blamed demons for

their cognitive lapses cassian was more convinced that distraction was largely a self inflicted problem of minds driven by random impulses that could be fixed or at least mitigated by disciplining the mind itself a large portion of his collationes is dedicated to helping monks accomplish this and his thoughts about thinking influenced centuries of monks many of cassian's techniques to stay focused became signature elements of the emerging christian monasticism renouncing property and family avoiding sex eating sparingly these were all strategies to minimize the things that didn't matter in order to stretch the mind out to god but he also recommended forms of mental discipline that are accessible today even to the non monks among us in this addition to our ancient wisdom for modern readers awmr series historian of late antiquity jamie kreiner selects and focuses on no pun intended those portions of cassian's work that can help us poor overloaded overstimulated moderns cope with our inability to concentrate

*How to Focus* 2024-01-09 how do we preach when all of us hearers and preachers alike are constantly distracted j ellsworth kalas offers wise insights for effective preaching in an age of distraction he explores how god can meet people precisely at the point of their distraction connecting through pastoral attentiveness creativity and excellence

**Focus** 2011-03-01 we live in an age of distraction contemporary analyses of culture politics techno science and psychology insist on this they often suggest remedies for it or ways to capitalize on it yet they almost never investigate the meaning and history of distraction itself this book corrects this lack of attention it inquires into the effects of distraction defined not as the opposite of attention but as truly discontinuous intellect human being has to be reconceived according to this argument not as quintessentially thought bearing but as subject to repeated causeless blackouts of mind the problem of distraction presents the first genealogy of the concept from aristotle to the largely forgotten early twentieth century efforts by kafka heidegger and benjamin to revolutionize the humanities by means of distraction further the book makes the case that our present troubles cannot be solved by recovering or enhancing attention not always thinking beings are beset by radical breaks in their experience but in this way they are also receptive to what has not and cannot yet be called experience

**Preaching in an Age of Distraction (Large Print 16pt)** 2014-04-01 an atlantic senior editor presents an investigation into the lucrative quality of popularity in the 21st century to share economic insights into what makes ideas productions and products successful novelist

**The Problem of Distraction** 2011-10-19 in this book a clinical psychologist and a social worker present a mindfulness and spirituality based program readers can use to dramatically improve their quality of life by conquering distraction avoiding overload and focusing attention on the things they value most

Hit Makers 2017 a groundbreaking new book from the bestselling author of shop class as soulcraft in his bestselling book shop class as soulcraft matthew b crawford explored the ethical and practical importance of manual competence as expressed through mastery of our physical environment in his brilliant follow up the world beyond your head crawford investigates the challenge of mastering one's own mind we often complain about our fractured mental lives and feel beset by outside forces that destroy our focus and disrupt our peace of mind any defense against this crawford argues requires that we reckon with the way attention sculpts the self crawford investigates the intense focus of ice hockey players and short order chefs the quasi autistic behavior of gambling addicts the familiar hassles of daily life and the deep slow craft of building pipe organs he shows that our current crisis of attention is only superficially the result of digital technology and becomes more comprehensible when understood as the coming to fruition of certain assumptions at the root of western culture that are profoundly at odds with human nature the world beyond your head makes sense of an astonishing array of common experience from

the frustrations of airport security to the rise of the hipster with implications for the way we raise our children the design of public spaces and democracy itself this is a book of urgent relevance to contemporary life

*Staying Focused in the Age of Distraction* 2006 in distracted times like the present shakespeare too has been driven to distraction shakespeare cut considers contemporary practices of cutting up shakespeare in stage productions videogames book sculptures and youtube postings but it also takes the long view of how shakespeare s texts have been cut apart in creative ways beginning in shakespeare s own time the book s five chapters consider cuts cutting and cutwork from a variety of angles 1 as bodily experiences 2 as essential parts of the process whereby shakespeare and his contemporaries crafted scripts 3 as units in perception 4 as technologies situated at the interface between figure and life and 5 as a fetish in western culture since 1900 printed here for the first time are examples of the cut ups that william s burroughs and brion guysin carried out with shakespeare texts in the 1950s bruce r smith s original analysis is accompanied by twenty four illustrations which suggest the multiple media in which cutwork with shakespeare has been carried out

The World Beyond Your Head 2015-03-31 a veteran pastor and teacher offers a critical look at the isolating effects of modern life helping readers make their lives more focused and rewarding

**Shakespeare | Cut** 2016-08-25 this visionary book details the steep costs of our deepening crisis of distraction and reveals remarkable scientific discoveries that can help us rekindle our powers of focus and sustained attention in the first edition of this groundbreaking book maggie jackson sounded a prescient warning of a looming crisis the fragmentation of attention that is eroding our abilities to problem solve innovate and care for one another now in this updated edition with an incisive new preface she offers both a renewed wake up call and a path forward as we reckon with one of the most pressing problems of our time how can we harness the technological marvels of our age more wisely and turn data into knowledge and distraction into skillful attention how can we reset human bonds in a time of deep disconnection we must she argues curb technological excess by cultivating the full gamut of our attentional capabilities we must look first to the human behind the device jackson is our expert guide in exploring the historic roots of distraction the perils we face in melding human and machine and the cutting edge science that reveals the attentional skills most needed in an age of overload timely and unforgettable distracted offers a harrowing yet hopeful account of the fate of our highest human capacity

*Living Into Focus* 2012 why do we feel overwhelmed by the ever increasing demands on our attention and how do we focus on what s really important in our lives in this brilliant follow up to his international bestseller the case for working with your hands the widely acclaimed thinker matthew crawford investigates the challenge of mastering one s own mind for we often complain today about our mental lives being fractured and our focus being disrupted but he shows that this current crisis of attention is only superficially the result of digital technology it should really be understood as the result of long held assumptions of individualism in western culture that are profoundly at odds with human nature exploring the intense focus of ice hockey players the zoned out behaviour of gambling addicts the inherited craft of building pipe organs and the familiar hassles of daily life crawford shows that far from being isolated minds we are inherently physical and social beings born into a world shaped by previous generations in order to flourish we need to establish meaningful connections with the world the people around us and the historical moment we live in drawing on the latest findings of cognitive and behavioural science the insights of moral philosophy reportage and cultural references from mickey mouse to the kinsey report the world beyond your head makes sense of a vast array of common experiences from waiting at the airport to the rise of the hipster it has profound implications for our attitudes to work family and government this is an astonishing work of urgent relevance to our times one of the most influential thinkers of our time sunday times

**Distraction** 2018-09-11 as soon as i began to read i was filled with that kind of engrossed blossoming that happens somewhere inside of you when you start a really nourishing book pandora sykes a conversation changing look at the social familial neurological and psychological benefits of reading aloud especially for parents and children a miraculous alchemy occurs when one person reads to another transforming the simple stuff of a book a voice and a bit of time into complex and powerful fuel for the heart brain and imagination grounded in the latest neuroscience and behavioural research and drawing widely from literature the enchanted hour explains the dazzling cognitive and social emotional benefits that await children who are read to whatever their class nationality or family background meghan cox gurdon argues that this ancient practice is a fast working antidote to the fractured attention spans atomized families and unfulfilling ephemera of the tech era helping to replenish what our devices are leaching away for everyone reading aloud engages the mind in complex narratives for children it s an irreplaceable gift that builds vocabulary fosters imagination and kindles a lifelong appreciation of language stories and pictures bringing together the latest scientific research practical tips and reading recommendations the enchanted hour will both charm and galvanize inspiring readers to share this invaluable life altering tradition with the people they love most

*The World Beyond Your Head* 2015 steps back to look at our use of technology and draws some uncomfortable and challenging conclusions about what society may need to do to get the best not the worst out of the digital era why are our fundamental notions of space and time changing why going mobile is the big difference can we sustain current levels of communication and more

**The Enchanted Hour** 2019-01-15 when a crisis like a pandemic sweeps through societies it upends critical structures in health economics socioeconomics institutional cultures communities and everyday life this book examines how a world already stressed by rampant change reacts to a global crisis it draws on experts that foresee a growing economic inequality as the tech savvy pull further ahead of those with less access to digital tools training or aptitude some anticipate big technology firms that will exploit their market advantages and weaponize tools that erode the privacy and autonomy of their users some predict that changes exacerbated by the pandemic will result in significant portions of the population benefiting from reforms aimed at racial justice and social equity as critiques of current economic arrangements and capitalism itself gain support and policymaker attention the authors examine the complexities and realities of a world filled with distraction and how focus is diverted during a time of primary technological revolution these patterns are destroying old thinking models and establishing new paradigms this conversation takes time to investigate voice tools and strategies for coping and remaining relevant in the middle of the whirlwind

*Distraction* 2005 my lighthouse in the night you guide me by your beaming light when the storms of life rain and pour you escort me safely to shore you give me a reason to steer my ship even when the darkness strengthens its grip if i get lost in the middle of the sea i look for your guidance to set me free author chad a damitz is passionate about writing poems that bring hope comfort and refuge to the soul during an age of distractions our lives are very busy that s why pausing reflecting and meditating on our existence through poetry is absolutely vital it gives our hearts a sanctuary to rest in the midst of all our busyness it is my hope that this book of poems will inspire you to do just that enjoy

**Global Business in the Age of Destruction and Distraction** 2022-07-26 with consumers being distracted by competing messages more than ever and the friction of making a purchase becoming less and less how do you market your brand to grab attention and convert your audience in no more next time you ll learn about how the four cs of content connection conversion and campaigns can take your brand to the next level and make you a successful marketer from case studies to clear tactical



examples this book is for you if you want to learn why content is the king of modern marketing how to create content for maximum brand exposure to harness your content to create connection with your audience to choose the right channel to connect your brand to your target how to make your content and connections move into conversions about wrapping all of your marketing into campaigns that win if you cannot grab your audience's attention there will be no more next time

Poems of Refuge in an Age of Distraction 2019-10-03 people are drowning in too much information in this digital age they often feel trapped and paralyzed tolerating an economy that's optimized to keep them distracted while letting the system control their lives but if you want to succeed today you need to stop choking and take action in reset william treseder shares the life altering lessons he learned during a remarkable career that took him from the battlefields of iraq and afghanistan to the boardrooms of silicon valley his step by step guide to personal transformation offers a powerful six part process for improving your life through determined action it helps you create habits that lead to breakthroughs and innovations powering you past your choke points to close the gap between knowing what needs to be done and doing it by harnessing your own unique talents you can accomplish more than you ever dreamed you can move from passive consumption to active contribution it's time to reset and to thrive

**No More Next Time** 2020-03-16 a practical resource for understanding preventing and managing driver distraction it is estimated that up to 23 percent of crashes and near crashes are caused by driver distraction and these figures will likely increase as more and more distractions both inside and outside the vehicle compete for driver attention driver distraction theory e

**Reset: Building Purpose in the Age of Digital Distraction** 2018-07-27 tv radio traffic telephones pagers our minds are bombarded daily by constant noise and clutter no wonder so many people find it increasingly difficult to listen and comprehend simple pieces of information such as names go in one ear and out the other poor listening may have tragic consequences such as the challenger disaster and the potomac river crash of 1982 or it can result in smaller tragedies such as lost promotions stalled marriages and troubled children rebecca shafir assures us that we can transform every aspect of our lives simply by relearning how to listen the zen of listening is grounded in the zen concept of mindfulness a simple yet profound way of learning how to filter our distractions and be totally in the present rather than a list of tricks this book is an all encompassing approach allowing you to transform your life readers will be amazed at how simply learning to focus intently on a speaker improves the relationship increases attention span and helps develop negotiating skills learn the great barricades of misunderstanding find out how to listen to ourselves discover how to listen under stress and boost our memory this is a fun and practical guide filled with simple strategies to use immediately to enjoy our personal and professional lives to the fullest

**Driver Distraction** 2008-10-15 in an era when there are countless competing claims on one's attention how does one find the internal focus to be creative for master furniture craftsman gary rogowski the answer is in the act of creative work itself the discipline of working with one's hands to create unnecessarily beautiful things shapes the builder into a more complete human being

**The Zen of Listening** 2012-12-20 in today's high speed culture there's a prevailing sense that we are busier than ever before and that the pace of life is too rushed most of us can relate to the feeling of having too much to do and not enough time for the people and things we value most we feel fragmented overwhelmed by busyness and the tyranny of gadgets veteran pastor and teacher arthur boers offers a critical look at the isolating effects of modern life that have eroded the centralizing focusing activities that people used to do together he suggests ways to make our lives healthier and more rewarding by

presenting specific individual and communal practices that help us focus on what really matters these practices such as shared meals gardening hospitality walking prayer and reading aloud bring our lives into focus and build community the book includes questions for discernment and application publisher description

*Handmade* 2017-12-01 these past two decades modern technology has brought into being scores of powerful challenges to our interior peace and well being we re experiencing a worldwide crisis of attention in which information overwhelms us corrodes true communion with others and leaves us anxious unsettled bored isolated and lonely these pages provide the time tested antidote that enables you to regain an ordered and peaceful mind in a technologically advanced world drawing on the wisdom of the world s greatest thinkers including plato aristotle st augustine and st thomas aquinas these pages help you identify and show you how to cultivate the qualities of character you need to survive in our media saturated environment this book offers a calm measured yet forthright and effective approach to regaining interior peace here you ll find no argument for retreat from the modern world instead these pages provide you with a practical guide to recovering self mastery and interior peace through wise choices and ordered activity in the midst of the world s communication chaos are you increasingly frustrated and perplexed in this digital age do you yearn for a mind that is more focused and a soul able to put down that iphone and simply rejoice in the good and the true it s not hard to do the saints and the wise can show you how this book makes their counsel available to you

*Clickbait* 2022-09-05 the modern world is a machine of a thousand invisible habits forming us into anxious busy and depressed people we yearn for the freedom and peace of the gospel but remain addicted to our technology shackled by our screens and exhausted by our routines but because our habits are the water we swim in they are almost invisible to us what can we do about it the answer to our contemporary chaos is to practice a rule of life that aligns our habits to our beliefs Â the common ruleÂ offers four daily and four weekly habits designed to help us create new routines and transform frazzled days into lives of love for god and neighbor justin earley provides concrete doable practices such as a daily hour of phoneless presence or a weekly conversation with a friend these habits are common not only because they are ordinary but also because they can be practiced in community they have been lived out by people across all walks of life businesspeople professionals parents students retirees who have discovered new hope and purpose as you embark on these life giving practices you will find the freedom and rest for your soul that comes from aligning belief in jesus with the practices of jesus

**Living Into Focus** 2012

**Seeing Again for the First Time** 2021-07-13

**A Mind at Peace** 2017-08-11

**The Common Rule** 2021-06-02

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