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Stolen Focus: Why You Can't Pay Attention-and How to Think ... - Amazon

Crucially, Hari learned how we can reclaim our focus—as individuals, and as a society—if we are determined to fight for it. Stolen Focus will transform the debate about attention and finally show us how to get it back.

Stolen Focus : Why You Can't Pay Attention - and How to Think Deeply Again

'If you want to get your attention and focus back, you need to read this remarkable book. All over the world, Johann Hari interviewed both the leading scientists investigating why we're losing our focus, and the people developing solutions.

Stolen Focus: Why You Can't Pay Attention— and How to T...

We think our inability to focus is a personal failure to exert enough willpower over our devices. The truth is even more disturbing: our focus has been stolen by powerful external forces that have left us uniquely vulnerable to corporations determined to raid our attention for profit.

Stolen Focus: Why You Can't Pay Attention--and How to Think Deeply ...

"If you want to get your attention and focus back, you need to read this remarkable book. Johann Hari has cracked the code of why we're in this crisis, and how to get out of it.

Stolen Focus - PenguinRandomHouse.com: Books

Crucially, Hari learned how we can reclaim our focus—as individuals, and as a society—if we are determined to fight for it. Stolen Focus will transform the debate about attention and finally show us how to get it back.

Book Review: Stolen Focus by Johann Hari - AmandaBooked

The truth is even more disturbing: our focus has been stolen by powerful external forces that have left us uniquely vulnerable to corporations determined to raid our attention for profit.

Stolen focus : why you can't pay attention / Johann Hari.

"Why have we lost our ability to focus? What are the causes? And, most importantly, how do we get it back? For Stolen Focus, internationally bestselling author Johann Hari went on a three-year

journey to uncover the reasons why our teenagers now focus on one task for only 65 seconds, and why office workers on average manage only three minutes. He interviewed the leading experts in the world on ...

Stolen Focus Summary and Study Guide | SuperSummary

Stolen Focus: Why You Can't Pay Attention and How to Think Deeply Again is a 2022 book by Swiss-British author Johann Hari. In this work, Hari investigates factors that help and hinder concentration and attention, arguing that people are steadily losing their ability to focus.

Stolen Focus: Why You Can't Pay Attention - Google Books

The truth is even more disturbing: Our focus has been stolen by powerful external forces, and the science shows that these forces have been ramping up for decades-leaving us uniquely...

Stolen Focus: Why You Can't Pay Attention: Johann Hari: Bloomsbury ...

Is your ability to focus and pay attention in free fall? You are not alone. The average office worker now focuses on any one task for just three minutes. But it's not your fault. Your attention didn't collapse. It has been stolen. Internationally bestselling author Johann Hari shows twelve deep factors harming our focus.