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The Distracted Mind: Ancient Brains in a High-Tech World

If you follow the strategies outlined here, you will go a

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long way to avoid the pitfalls of distractions and interruptions, improve your cognitive control, reduce goal interference, and aid your Distracted Mind.

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Bing: The Distracted Mind Ancient Brains

A new book The Distracted Mind: Ancient Brains in a High Tech World explores the implications of, and brain science behind, this evolution (some might say devolution). It was written Adam Gazzaley,...

The Distracted Mind: Ancient Brains in a High-Tech World ...

The Distracted Mind: Ancient Brains in a High-Tech World The MIT Press: Authors: Adam Gazzaley, Larry D. Rosen: Edition: illustrated: Publisher: MIT Press, 2016: ISBN: 0262034948, 9780262034944:...

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They establish the fact that our ancient brains are susceptible to hiccups that distract us from achieving those goals. They define distractions as “pieces of goal-irrelevant information.”

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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.

The Distracted Mind: Ancient Brains in a High-Tech World ...

This item: *The Distracted Mind: Ancient Brains in a High-Tech World* (The MIT Press) by Adam Gazzaley
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The Distracted Mind: Ancient Brains in a High-Tech World ...

The Distracted Mind: Ancient Brains in a High-Tech World by Adam Gazzaley and Larry D. Rosen. People are inherently information seekers. In today's high-tech world this tendency can draw us to distraction and keep us from accomplishing our goals. Adam Gazzaley, a neuroscientist at the University of California, San Francisco, and Larry Rosen, a psychologist at California State University, Dominguez Hills put forward these ideas in their 2016 book entitled *The Distracted Mind: Ancient Brains ...*

The Distracted Mind: Ancient Brains in a High-Tech World ...

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The Distracted Mind: Ancient Brains in a High-Tech World. We are living in extraordinary times. Rapid advances in information technology continuously transform our lives in countless ways. But we are now aware that our increasingly information-saturated world, coupled with growing expectations of constant availability and immediate responsiveness, can place excessive demands on our brains.

Are You Paying Attention? 'The Distracted Mind' - PopMatters

In the simplest of terms, Adam Gazzaley and Larry D. Rosen's *The Distracted Mind: Ancient Brains in a High-Tech World* is a book about technology and the distractions that often accompany it. This...

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mind adam gazzaley and larry rosen a neuroscientist
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The Distracted Mind by Adam Gazzaley and Larry D.

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Rosen is a highly engaging read of how we cognitively pursue our goals and how our brains have to frequently overcome internal and external interference, including that from modern technologies, to do this successfully. The book includes excellent, clear examples of what these problems of goal interference are and how they might affect us in our daily lives.

The Distracted Mind: Ancient Brains in a High-Tech World ...

The Distracted Mind: Ancient Brains in a High-Tech World Adam Gazzaley, Larry D. Rosen No preview available - 2017. Common terms and phrases. accessibility activity ADHD adolescents Alzheimer's disease anxiety approach boredom bottom-up brain regions cell phone chapter Clinical cognitive control abilities cognitive exercises college students ...

Remedies for the Distracted Mind - Behavioral Scientist

The Distracted Mind: Ancient Brains in a High-Tech World Most of us will freely admit that we are obsessed with our devices. We pride ourselves on our ability to multitask. We feel we can read work email, reply to texts, check Facebook, watch video clips, talk on the phone, send texts, and drive a car ... all at the same time.

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The Distracted Mind by Adam Gazzaley and Larry D. Rosen is a highly engaging read of how we cognitively pursue our goals and how our brains have to frequently overcome internal and external interference, including that from modern technologies, to do this successfully. The book includes excellent, clear examples of what these problems of goal interference are and how they might affect us in our daily lives.

Learning In The Age Of Digital Distraction : NPR Ed : NPR

The Distracted Mind: Ancient Brains in a High-Tech World. 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.

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The Distracted Mind: Ancient Brains in a High-Tech World Audible Audiobook - Unabridged. Larry D. Rosen (Author), Adam Gazzaley (Author), Chris Sorensen (Narrator), Recorded Books (Publisher) & 1 more. 4.3 out of 5 stars 99 ratings. See all formats and editions.

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The Distracted Mind | The MIT Press

In addition to poorer cognitive performance, the book also describes the effects on our bodies and the quality of social interactions. The Distracted Mind also provides an excellent description of that marvelous organ between our two ears, the brain, and the remarkable mind produced by this brain. [Read more.](#)

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