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The Distracted Mind Ancient Brains

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

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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.

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

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In The Distracted Mind, Adam Gazzaley and Larry Rosen—a

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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.

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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.

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The Distracted Mind | The MIT Press

The Distracted Mind: Ancient Brains in a High-Tech World by Adam Gazzaley and Larry D. Rosen. April 30, 2017 Posted on: Rebecca Gottlieb. 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.

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

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Cognitive neuroscientist Adam Gazzaley and psychologist Larry Rosen make a convincing case for what you may have already been thinking: your brain is not well adjusted to our engaging—and distracting—modern world. But in The Distracted Mind: Ancient Brains in a High-Tech World, Gazzaley and Rosen aren't panicking—they're being pragmatic. In part I of their book, they explain how our evolved ability to set high-level goals naturally collides with our ability to control our attention ...

Remedies for the Distracted Mind - Behavioral Scientist

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.

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

Emotional regulation is central to another of tech's disruptive effects on our ancient brains: exacerbation of tribal tendencies.

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Our distant ancestors lived in small nomadic bands, the basic social unit for most of human history.

How Our Ancient Brains Are Coping in the Age of Digital

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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...

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

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,...

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

The Distracted Mind (2016) explains the basic structures of the brain and questions how well it can function in a world stuffed full of high-tech gadgets and constant distractions. Drawing on the latest research in neuroscience, it offers practical solutions for how to resist all these distractions and regain focus.

The Distracted Mind by Adam Gazzaley and Larry D. Rosen

The Distracted Mind: Ancient Brains in a High-Tech World, by Adam Gazzaley and Larry D. Rosen Are our mental faculties really too unevolved to keep us afloat in an ocean of digital distraction? asks Shane O'Mara

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Ancient Brains in a High-Tech World. By: ... 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 ...

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