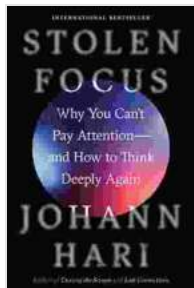


Why You Can't Pay Attention And How To Think Deeply Again



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

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2238 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 348 pages



In today's fast-paced world, it's more difficult than ever to pay attention and think deeply. We are constantly bombarded with information from all sides, and our attention spans are getting shorter and shorter.

There are a number of factors that contribute to our inability to focus, including:

- **Technology:** The constant use of smartphones, tablets, and other devices has trained our brains to be easily distracted.
- **Social media:** Social media platforms are designed to be addictive, and they can easily lead us to waste hours of our time scrolling through our feeds.

- **Stress:** Stress can also make it difficult to focus, as it can lead to anxiety and racing thoughts.
- **Lack of sleep:** When we don't get enough sleep, it can make it difficult to pay attention and think clearly.

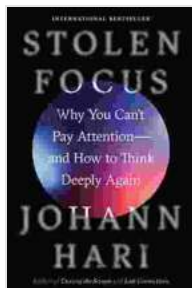
If you're struggling to pay attention and think deeply, there are a number of things you can do to improve your focus and concentration.

Here are a few tips:

- **Limit your screen time:** One of the best ways to improve your attention span is to limit your screen time. Try to spend less time on your phone, tablet, and computer, and more time on activities that require your full attention, such as reading, writing, or spending time in nature.
- **Take breaks:** If you find yourself getting distracted, take a break. Get up and move around, or step outside for some fresh air. Taking breaks can help to clear your head and improve your focus.
- **Practice mindfulness:** Mindfulness is a great way to train your attention and focus. There are many different mindfulness exercises that you can try, such as meditation, yoga, or simply taking a few minutes each day to focus on your breath.
- **Get enough sleep:** When you don't get enough sleep, it can make it difficult to focus and think clearly. Aim for 7-8 hours of sleep each night.
- **Eat a healthy diet:** Eating a healthy diet can also help to improve your focus and concentration. Make sure to eat plenty of fruits, vegetables, and whole grains.

By following these tips, you can improve your attention span and thinking skills, and learn how to think deeply again.

It takes time and effort to improve your focus and attention span, but it's worth it. By making a few changes to your daily routine, you can improve your productivity, creativity, and overall well-being.



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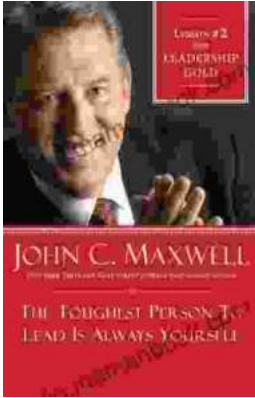
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