

## Distracted The Erosion Of Attention And Coming Dark Age Maggie Jackson

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**Cloud Atlas** Little, Brown

“Esolen signals with this book his presence in the top rank of authors of cultural criticism.” —American Spectator Play dates, soccer practice, day care, political correctness, drudgery without facts, television, video games, constant supervision, endless distractions: these and other insidious trends in child rearing and education are now the hallmarks of childhood. As author Anthony Esolen demonstrates in this elegantly written, often wickedly funny book, almost everything we are doing to children now constricts their imaginations. *Ten Ways to Destroy the Imagination of Your Child* takes square aim at these accelerating trends. This practical, insightful book is essential reading for any parent who cares about the paltry thing that childhood has become, and who wants to give a child something beyond the dull drone of today’s culture.

Reclaiming Conversation W. W. Norton & Company

Quentin Jacobson has spent a lifetime loving Margo Roth Spiegelman from afar. So when she cracks open a window and climbs into his life - dressed like a ninja and summoning him for an ingenious campaign of revenge - he follows. After their all-nighter ends, Q arrives at school to discover that Margo has disappeared.

[What Horses Really Want](#) Milkweed Editions

33,000 pages 44 million words 10 billion years of history 1 obsessed man Part memoir and part education (or lack thereof), *The Know-It-All* chronicles NPR contributor A.J. Jacobs's hilarious, enlightening, and

seemingly impossible quest to read the Encyclopaedia Britannica from A to Z. To fill the ever-widening gaps in his Ivy League education, A.J. Jacobs sets for himself the daunting task of reading all thirty-two volumes of the Encyclopaedia Britannica. His wife, Julie, tells him it's a waste of time, his friends believe he is losing his mind, and his father, a brilliant attorney who had once attempted the same feat and quit somewhere around Borneo, is encouraging but, shall we say, unconvinced. With self-deprecating wit and a disarming frankness, *The Know-It-All* recounts the unexpected and comically disruptive effects Operation Encyclopedia has on every part of Jacobs's life -- from his newly minted marriage to his complicated relationship with his father and the rest of his charmingly eccentric New York family to his day job as an editor at Esquire. Jacobs's project tests the outer limits of his stamina and forces him to explore the real meaning of intelligence as he endeavors to join Mensa, win a spot on Jeopardy!, and absorb 33,000 pages of learning. On his journey he stumbles upon some of the strangest, funniest, and most profound facts about every topic under the sun, all while battling fatigue, ridicule, and the paralyzing fear that attends his first real-life responsibility -- the impending birth of his first child. The

*Know-It-All* is an ingenious, mightily entertaining memoir of one man's intellect, neuroses, and obsessions and a soul-searching, ultimately touching struggle between the all-consuming quest for factual knowledge and the undeniable gift of hard-won wisdom.

**Stone Cove Island A&C Black**

The redefinition of selfhood, through growing from despair in an uncertain world, offers the promise of a new culture based not on the technological conquest of nature but on its loving cultivation  
Vigil Harbor Ballantine Books

Most of us struggle with distraction every day: the familiar feeling that our attention is not quite where it should be. We feel it at work and at home and it can be frustrating and uncomfortable. But what is distraction? In his lucid, timely book, Damon Young shows that distraction is more than too many stimuli, or too little attention. It is actually a matter of value - to be distracted is to be torn away from what is worthwhile in life. And for Young, what is most worthwhile is freedom: not simply rights or legal liberties, but the capacity to patiently, creatively craft one's own life. Exploring the lives of such luminaries as Henri Matisse, Karl Marx, Seneca and Henry James, Young exposes distraction in work, technology, art, politics and intimacy. With warmth and wit, he reveals what is most valuable, and what is best avoided, in the pursuit of a life of one's own.

[The Lost Art of Reading](#) University of Pennsylvania Press

Argues that human freedom is threatened by systems of intelligent persuasion developed by tech giants who compete for our time and attention. This title is also available as Open Access.

*The Thinking Life* Macmillan

A cultural history of the last forty years, *The Age of American Unreason* focuses on the convergence of social forces—usually treated as separate entities—that has created a perfect storm of anti-rationalism. These include the upsurge of religious fundamentalism, with more political power today than ever before; the failure of public education to create an informed citizenry; and the triumph of video over print culture. Sparing neither the right nor the left,

Jacoby asserts that Americans today have embraced a universe of “junk thought” that makes almost no effort to separate fact from opinion.

Net Smart Rowman & Littlefield

“In a time in which the ways we communicate and connect are constantly changing, and not always for the better, Sherry Turkle provides a much needed voice of caution and reason to help explain what the f\*\*\* is going on.” —Aziz Ansari, author of *Modern Romance*

Renowned media scholar Sherry Turkle investigates how a flight from conversation undermines our relationships, creativity, and productivity—and why reclaiming face-to-face conversation can help us regain lost ground. We live in a technological universe in which we are always communicating. And yet we have sacrificed conversation for mere connection.

Preeminent author and researcher Sherry Turkle has been studying digital culture for over thirty years. Long an enthusiast for its possibilities, here she investigates a troubling consequence: at work, at home, in politics, and in love, we find ways around conversation, tempted by the possibilities of a text or an email in which we don't have to look, listen, or reveal ourselves. We develop a taste for what mere connection offers. The dinner table falls silent as children compete with phones for their parents' attention. Friends learn strategies to keep conversations going when only a few people are looking up from their phones. At work, we retreat to our screens although it is conversation at the water cooler that increases not only productivity but commitment to work. Online, we only want to share opinions that our followers will agree with — a politics that shies away from the real conflicts and solutions of the public square. The case for conversation begins with the necessary conversations of solitude and self-reflection. They are endangered: these days, always connected, we see loneliness as a problem that technology should solve. Afraid of being alone, we rely on other people to give us a sense of ourselves, and our capacity for empathy and relationship suffers. We see the costs of the flight from conversation everywhere: conversation is the cornerstone for democracy and in business it is good for the bottom line. In the private sphere, it builds empathy, friendship, love, learning, and productivity. But there is good news: we are resilient. Conversation cures. Based on five years of research and interviews in homes, schools, and the workplace, Turkle argues that we have come to a better understanding of where our technology can and cannot take us and that the time is right to reclaim conversation. The most human—and humanizing—thing

that we do. The virtues of person-to-person conversation are timeless, and our most basic technology, talk, responds to our modern challenges. We have everything we need to start, we have each other. Turkle's latest book, *The Empathy Diaries* (3/2/21) is available now.

Ten Ways to Destroy the Imagination of Your Child Oxford University Press

The Stepford Wives meets Stephen King in this debut mystery: a sleepy New England beach town is wrecked by a hurricane that reveals an unthinkable 30-year-old secret. When a catastrophic hurricane devastates Stone Cove Island, a serene New England resort community, everyone pulls together to rebuild. Seventeen-year-old Eliza Elliot volunteers to clean out the island's iconic lighthouse and stumbles upon a secret in the wreckage: a handwritten, anonymous confession to a twenty-five-year-old crime. Bess Linsky's unsolved murder has long haunted the island, and the letter turns the town inside out. Everyone who knew Bess is suddenly a suspect. Soon Eliza finds herself in the throes of an investigation she never wanted. As Stone Cove Island fights to recover from disaster, Eliza plunges the locals back into a nightmare they believed was long buried.

Stand Out of Our Light John Wiley & Sons

Poetry has long been thought of as a genre devoted to grand subjects, timeless themes, and sublime beauty. Why, then, have contemporary poets turned with such intensity to documenting and capturing the everyday and mundane? Drawing on insights about the nature of everyday life from philosophy, history, and critical theory, Andrew Epstein traces the modern history of this preoccupation and considers why it is so much with us today. *Attention Equals Life* argues that a potent hunger for everyday life explodes in the post-1945 period as a reaction to the rapid, unsettling transformations of this epoch, which have resulted in a culture of perilous distraction. Epstein demonstrates that poetry is an important, and perhaps unlikely, cultural form that has mounted a response, and even a mode of resistance, to a culture suffering from an acute crisis of attention. In this timely and engaging study, Epstein examines why a compulsion to represent the everyday becomes predominant in the decades after modernism and why it has so often sparked genre-bending formal experimentation. With chapters devoted to illuminating readings of a diverse group of writers—including poets associated with influential movements like the New York School, language poetry, and conceptual writing—the book considers the variety of forms contemporary poetry of everyday life has taken, and analyzes how gender, race, and political forces all profoundly inflect the experience and the representation of the quotidian. By exploring the rise of experimental realism as a poetic mode and the turn to rule-governed “everyday-life projects,” *Attention Equals Life* offers a new way of understanding a vital strain at the heart of twentieth- and twenty-first century literature. It not only charts the evolution of a significant concept in cultural theory and poetry, but also reminds readers that the quest to pay attention to the everyday within today's frenetic world of smartphones and social media is an urgent and unending task.

*Distracted* Scholastic Inc.

What determines the interests, ideologies, and alliances that make up political

parties? In its entire history, the United States has had only a handful of party transformations. First to the Party concludes that groups like unions and churches, not voters or politicians, are the most consistent influences on party transformation.

*The Minimal Self: Psychic Survival in Troubled Times* W. W. Norton & Company

The author offers an insider's sometimes shocking account of how Defense Secretary James Mattis led the U.S. military through global challenges while serving as a crucial check on the Trump Administration.

Evil Genes Trafalgar Square Books

As an investigative journalist, Monbiot found a mission in his ecological boredom, that of learning what it might take to impose a greater state of harmony between himself and nature. He was not one to romanticize undisturbed, primal landscapes, but rather in his attempts to satisfy his cravings for a richer, more authentic life, he came stumbled into the world of restoration and rewilding. When these concepts were first introduced in 2011, very recently, they focused on releasing captive animals into the wild. Soon the definition expanded to describe the reintroduction of animal and plant species to habitats from which they had been excised. Some people began using it to mean the rehabilitation not just of particular species, but of entire ecosystems: a restoration of wilderness. Rewilding recognizes that nature consists not just of a collection of species but also of their ever-shifting relationships with each other and with the physical environment. Ecologists have shown how the dynamics within communities are affected by even the seemingly minor changes in species assemblages. Predators and large herbivores have transformed entire landscapes, from the nature of the soil to the flow of rivers, the chemistry of the oceans, and the composition of the atmosphere. The complexity of earth systems is seemingly boundless."

*Distraction* Crossway

Ditch the failed sales tactics, fill your pipeline, and crush your number

Fanatical Prospecting gives salespeople, sales leaders, entrepreneurs, and executives a practical, eye-opening guide that clearly explains the why and how behind the most important activity in sales and business development—prospecting. The brutal fact is the number one reason for failure in sales is an empty pipe and the root cause of an empty pipeline is the failure to consistently prospect. By ignoring the muscle of prospecting, many otherwise competent salespeople and sales organizations consistently underperform. Step by step, Jeb Blount outlines his innovative approach to prospecting that works for real people, in the real world, with real prospects. Learn how to keep the pipeline full of qualified opportunities and avoid debilitating sales slumps by leveraging a balanced prospecting methodology across multiple prospecting channels. This book reveals the secrets, techniques, and tips of top earners. You'll learn: Why the 30-Day Rule is

critical for keeping the pipeline full Why understanding the Law of Replacement is the key to avoiding sales slumps How to leverage the Law of Familiarity to reduce prospecting friction and avoid rejection The 5 C's of Social Selling and how to use them to get prospects to call you How to use the simple 5 Step Telephone Framework to get more appointments fast How to double call backs with a powerful voice mail technique How to leverage the powerful 4 Step Email Prospecting Framework to create emails that compel prospects to respond How to get text working for you with the 7 Step Text Message Prospecting Framework And there is so much more! Fanatical Prospecting is filled with the high-powered strategies, techniques, and tools you need to fill your pipeline with high quality opportunities. In the most comprehensive book ever written about sales prospecting, Jeb Blount reveals the real secret to improving sales productivity and growing your income fast. You'll gain the power to blow through resistance and objections, gain more appointments, start more sales conversations, and close more sales. Break free from the fear and frustration that is holding you and your team back from effective and consistent prospecting. It's time to get off the feast or famine sales roller-coaster for good!

Simon and Schuster

By the New York Times bestselling author of *The Bone Clocks* | Shortlisted for the Man Booker Prize A postmodern visionary and one of the leading voices in twenty-first-century fiction, David Mitchell combines flat-out adventure, a Nabokovian love of puzzles, a keen eye for character, and a taste for mind-bending, philosophical and scientific speculation in the tradition of Umberto Eco, Haruki Murakami, and Philip K. Dick. The result is brilliantly original fiction as profound as it is playful. In this groundbreaking novel, an influential favorite among a new generation of writers, Mitchell explores with daring artistry fundamental questions of reality and identity. *Cloud Atlas* begins in 1850 with Adam Ewing, an American notary voyaging from the Chatham Isles to his home in California. Along the way, Ewing is befriended by a physician, Dr. Goose, who begins to treat him for a rare species of brain parasite. . . . Abruptly, the action jumps to Belgium in 1931, where Robert Frobisher, a disinherited bisexual composer, contrives his way into the household of an infirm maestro who has a beguiling wife and a nubile daughter. . . . From there we jump to the West Coast in the 1970s and a troubled reporter named Luisa Rey, who stumbles upon a web of corporate greed and murder that threatens to claim her life. . . . And onward, with dazzling virtuosity, to an inglorious present-day England; to a Korean superstate of the near future where neocapitalism has run amok; and, finally, to a postapocalyptic Iron Age Hawaii in the last days of history. But the story doesn't end even there. The narrative then boomerangs back through centuries and space, returning by the same route, in reverse, to its starting point. Along the way, Mitchell reveals how his disparate characters connect, how their fates intertwine, and how their souls drift across time like clouds across the sky. As wild as a videogame, as mysterious as a Zen koan, *Cloud Atlas* is an unforgettable tour de force that, like its incomparable author, has transcended its cult classic status to become a worldwide phenomenon. Praise for *Cloud Atlas* " [David] Mitchell is, clearly, a genius. He writes as though at the helm of some perpetual dream machine, can evidently do anything, and

his ambition is written in magma across this novel's every page. " —The New York Times Book Review " One of those how-the-holy-hell-did-he-do-it? modern classics that no doubt is—and should be—read by any student of contemporary literature. " —Dave Eggers " Wildly entertaining . . . a head rush, both action-packed and chillingly ruminative. " —People " The novel as series of nested dolls or Chinese boxes, a puzzle-book, and yet—not just dazzling, amusing, or clever but heartbreaking and passionate, too. I've never read anything quite like it, and I'm grateful to have lived, for a while, in all its many worlds. " —Michael Chabon " *Cloud Atlas* ought to make [Mitchell] famous on both sides of the Atlantic as a writer whose fearlessness is matched by his talent. " —The Washington Post Book World " Thrilling . . . One of the biggest joys in *Cloud Atlas* is watching Mitchell sashay from genre to genre without a hitch in his dance step. " —Boston Sunday Globe " Grand and elaborate . . . [Mitchell] creates a world and language at once foreign and strange, yet strikingly familiar and intimate. " —Los Angeles Times Feral Penguin

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.

[Attention Equals Life](#) Yale University Press

A Pulitzer Prize Finalist, this powerful elegy for our disappearing coast " captures nature with precise words that almost amount to poetry " (The New York Times). Hailed as " the book on climate change and sea levels that was missing " (Chicago Tribune), *Rising* is both a highly original work of lyric reportage and a haunting meditation on how to let go of the places we love. With every record-breaking hurricane, it grows clearer that climate change is neither imagined nor distant—and that rising seas are transforming the coastline of the United States in irrevocable ways. In *Rising*, Elizabeth Rush guides readers through these dramatic changes, from the Gulf Coast to Miami, and from New York City to the Bay Area. For many of the plants, animals, and humans in these places, the options are stark: retreat or perish.

Rush sheds light on the unfolding crises through firsthand testimonials—a Staten Islander who lost her father during Sandy, the remaining holdouts of a Native American community on a drowning Isle de Jean Charles, a neighborhood in Pensacola settled by escaped slaves hundreds of years ago—woven together with profiles of wildlife biologists, activists, and other members of these vulnerable communities. A Guardian, Publishers Weekly, and Library Journal Best Book Of 2018 Winner of the National Outdoor Book Award A Chicago Tribune Top Ten Book of 2018

The Distraction Addiction Prometheus Books

NEW YORK TIMES BESTSELLER • Our ability to pay attention is collapsing. From the New York Times bestselling author of *Chasing the Scream* and *Lost Connections* comes a groundbreaking examination of why this is happening—and how to get our attention back. " The book the world needs in order to win the war on distraction. " —Adam Grant, author of *Think Again* " Read this book to save your mind. " —Susan Cain, author of *Quiet* In the United States, teenagers can focus on one task for only sixty-five seconds at a time, and office workers average only three minutes. Like so many of us, Johann Hari was finding that constantly switching from device to device and tab to tab was a diminishing and depressing way to live. He tried all sorts of self-help solutions—even abandoning his phone for three months—but nothing seemed to work. So Hari went on an epic journey across the world to interview the leading experts on human attention—and he discovered that everything we think we know about this crisis is wrong. 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. Hari found that there are twelve deep causes of this crisis, from the decline of mind-wandering to rising pollution, all of which have robbed some of our attention. In *Stolen Focus*, he introduces readers to Silicon Valley dissidents who learned to hack human attention, and veterinarians who diagnose dogs with ADHD. He explores a favela in Rio de Janeiro where everyone lost their attention in a particularly surreal way, and an office in New Zealand that discovered a remarkable technique to restore workers' productivity. 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.

In Sunlight and in Shadow Crown

Management decisions on appropriate practices and policies regarding tropical forests often need to be made in spite of innumerable uncertainties and complexities. Among the uncertainties are the lack of formalization of lessons learned regarding the impacts of previous programs and projects. Beyond the challenges of generating the proper information on these impacts, there are other difficulties that relate with

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how to socialize the information and knowledge gained so that change is transformational and enduring. The main complexities lie in understanding the interactions of social-ecological systems at different scales and how they varied through time in response to policy and other processes. This volume is part of a broad research effort to develop an independent evaluation of certification impacts with stakeholder input, which focuses on FSC certification of natural tropical forests. More specifically, the evaluation program aims at building the evidence base of the empirical biophysical, social, economic, and policy effects that FSC certification of natural forest has had in Brazil as well as in other tropical countries. The contents of this volume highlight the opportunities and constraints that those responsible for managing natural forests for timber production have experienced in their efforts to improve their practices in Brazil. As such, the goal of the studies in this volume is to serve as the foundation to design an impact evaluation framework of the impacts of FSC certification of natural forests in a participatory manner with interested parties, from institutions and organizations, to communities and individuals.

#### The Mysterious Moonstone CIFOR

This book reveals a remarkable paradox: what your brain wants is frequently not what your brain needs. In fact, much of what makes our brains "happy" leads to errors, biases, and distortions, which make getting out of our own way extremely difficult. Author David DiSalvo presents evidence from evolutionary and social psychology, cognitive science, neurology, and even marketing and economics. And he interviews many of the top thinkers in psychology and neuroscience today. From this research-based platform, DiSalvo draws out insights that we can use to identify our brains' foibles and turn our awareness into edifying action. Ultimately, he argues, the research does not serve up ready-made answers, but provides us with actionable clues for overcoming the plight of our advanced brains and, consequently, living more fulfilled lives.