

Indistractable PDF

Nir Eyal

indistractable



How to Control Your Attention
and Choose Your Life

NIR EYAL

Wall Street Journal bestselling author of *Hooked*



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Indistractable

Master Your Focus and Reclaim Your Life from
Distractions.

Written by Bookey

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About the book

In **Indistractable**, internationally acclaimed author and behavioral design expert Nir Eyal delves into the hidden psychology that fuels our distractions, revealing why simply avoiding technology isn't the solution. Eyal, who previously penned Silicon Valley's essential guide to habit-forming technology, now offers a transformative framework for mastering focus and achieving your most important personal and professional goals. Through a research-backed four-step model, he uncovers how to harness technology to your advantage, rather than let it control you. Eyal addresses the underpinnings of distraction in both individual and organizational contexts, offering insights on improving workplace culture, nurturing fulfilling relationships, and raising children in an increasingly distracting world. Empowering and optimistic, **Indistractable** equips readers with practical techniques to reclaim their time and attention, enabling them to lead the life they truly desire.

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About the author

Nir Eyal is a bestselling author known for his influential works, including "Hooked: How to Build Habit-Forming Products" and "Indistractable: How to Control Your Attention and Choose Your Life," both of which received accolades in the Goodreads Choice Awards. With a background in teaching at the Stanford Graduate School of Business and the Hasso Plattner Institute of Design, Eyal offers valuable insights into the intersection of technology, psychology, and business. His writing is featured in prominent publications like the Harvard Business Review, The Atlantic, TechCrunch, and Psychology Today, and he shares his expertise through his blog, NirAndFar.com.

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Indistractable

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(And Why We All Need Psychological Nutrients)

Chapter 9 : Part 7: How to Have Indistractable Relationships

Chapter 10 :

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Chapter 1 Summary : What's Your Superpower?



Chapter 1: What's Your Superpower?

In this chapter, the author reflects on personal distractions and the impact they have on important relationships, particularly with his daughter. Despite enjoying technology and entertainment, he realizes that these distractions hinder meaningful interactions and moments with loved ones. He recounts a poignant experience where he was physically present with his daughter but mentally absorbed in his phone, leading to missed opportunities for connection. This recurring pattern prompts him to consider a change in his habits.

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The Digital Detox Dilemma

Initially, the author attempts a digital detox by switching to a flip phone to avoid distractions, but finds it impractical for navigation and other conveniences. He experiments with other distractions, like print newspapers and 1990s word processors, only to discover that removing technology does not eliminate distractions—it merely replaces them.

Understanding Distraction

Through research and personal experience, the author learns that to live the life we want, it's essential to stop engaging in distractions that derail our focus. He emphasizes the significance of understanding that distraction stems from within us rather than solely from external technology.

The Roadmap to Becoming Indistractable

The book outlines a structured approach to building the skill of being indistractable:

1.

Part One:

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Learn to identify and manage the psychological discomfort that drives distraction without relying on overused techniques like mindfulness.

2.

Part Two:

Make intentional plans for how you spend your time, recognizing that not all time spent on seemingly trivial activities is wasted.

3.

Part Three:

Examine external triggers beyond technology that disrupt productivity and well-being, such as environmental cues and interpersonal distractions.

4.

Part Four:

Implement pacts and precommitment strategies to help uphold personal commitments and counter distractions effectively.

Practical Application

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The final sections of the book focus on making workplaces, relationships, and family life indistractable, encouraging readers to take actionable steps towards managing distractions in various life contexts.

Key Takeaways

- Being indistractable involves mastering oneself, not just rejecting technology.
- Recognizing and addressing the deeper reasons behind distracted behaviors is crucial.
- The journey to becoming indistractable is structured through four strategies, each building on the next for optimal progress.

Ultimately, the author invites readers to imagine the transformative power of following through on their intentions, enhancing both productivity and personal happiness.

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Chapter 2 Summary : Being Indistractable



| Section | Summary |
|------------------------------------|---|
| Introduction to Tantalus | The myth of Tantalus symbolizes human struggles with distraction, depicting the yearning for unattainable desires that we constantly reach for. |
| Traction vs. Distraction | Actions can be categorized as traction (positive, goal-aligning) or distraction (negative, goal-diverting), both stemming from internal or external triggers. |
| The Nature of Modern Distractions | Modern technology leads to information overload, creating a "poverty of attention," which limits focus and adversely affects creativity and well-being. |
| Tantalus's Real Curse | Tantalus's true curse lies in his unawareness of his ability to let go of unnecessary desires, paralleling our own distractions like constant email checking. |
| Becoming Indistractable | Being indistractable involves aligning actions with intentions and managing distractions, requiring self-honesty and commitment to essential areas of life. |
| The Four-Part Indistractable Model | A framework designed to help navigate distractions and gain control over attention and life goals. |
| Key Takeaways | Distractions hinder goal achievement, while traction pulls us closer to our aims; both are influenced by internal and external triggers. |

Chapter 2: Being Indistractable

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Introduction to Tantalus

The story of Tantalus from ancient Greek mythology illustrates the constant human struggle with distraction. Tantalus, punished by Zeus, yearns for unattainable desires, symbolizing how we perpetually reach for things just beyond our grasp.

Traction vs. Distraction

Actions can be classified along a continuum:

-

Traction

: Positive actions that pull us toward our goals, derived from the Latin word "trahere."

-

Distraction

: Negative actions that draw us away from our objectives, also from "trahere."

Both traction and distraction stem from triggers, which can be internal (emotional cues) or external (environmental cues).

The Nature of Modern Distractions

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Today's world is overflowing with distractions, primarily due to technology and information overload. This abundance has created a "poverty of attention," limiting our ability to focus. Distractions impede our creativity, relationships, and overall well-being.

Tantalus's Real Curse

Tantalus's curse was not simply his unending hunger and thirst but his inability to realize that he did not need those desires. Similarly, we often pursue unnecessary distractions (like emails or trending news) rather than recognizing our capacity to step back and manage our attention.

Becoming Indistractable

To be indistractable means aligning actions with intentions and learning to manage distractions responsibly. It requires honesty with oneself and a commitment to what truly matters, including work, relationships, and well-being.

The Four-Part Indistractable Model

This model provides a framework for navigating distractions

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and taking control of one's attention and life goals.

Key Takeaways

- Distractions hinder goal achievement; they draw us away from what we want.
- Traction moves us closer to our goals; it is any action aligned with our true desires.
- Both external and internal triggers prompt distractions and traction.

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Chapter 3 Summary : Part 1: Master Internal Triggers

Summary of Chapter 3: What Motivates Us, Really?

In this chapter, Nir Eyal explores the concept of motivation and distraction through the story of Zoë Chance, a Yale professor who became obsessed with a pedometer, the Striiv Smart Pedometer. This obsession led her to walk excessive amounts, resulting in negative impacts on her personal life and health. Despite her profession focusing on influencing consumer behavior, she fell into the trap of a product designed to manipulate user behavior through gamification and competition.

Understanding Motivation

Eyal discusses the misconception that motivation stems primarily from pleasure and reward, citing philosophers like Jeremy Bentham and Epicurus. Instead, he posits that the drive for motivation is often about escaping discomfort or pain. Distraction, therefore, arises not merely from external

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factors but more deeply from our internal emotional responses to discomfort.

Root Causes of Distraction

Eyal emphasizes the importance of distinguishing between proximate causes (like smartphones or games) and root causes (unresolved internal discomfort or stress). Hiding behind these distractions allows us to avoid confronting painful feelings. For Chance, this was compounded by external stressors in her personal life, making her reliance on her pedometer a coping mechanism.

Managing Internal Triggers

The narrative shifts towards managing distractions by first addressing internal triggers and emotions that lead to these behaviors. Techniques such as Acceptance and Commitment

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Chapter 4 Summary : Part 2: Make Time for Traction

| Section | Key Points |
|--|--|
| Introduction to Traction vs. Distraction | Traction leads to goals; distraction pulls away. Control time to avoid distractions. |
| The Importance of Time Management | Time reveals future potential (Goethe). People protect possessions more than time (Seneca). Only a third of Americans have a daily schedule. |
| Creating a Value-Driven Schedule | Identify personal values as guiding stars. Allocate time for values in self, relationships, and work. |
| The Concept of Timeboxing | Plan every moment to ensure time for traction. Distinguish between traction and distraction. Measure success by fulfilling intentions. |
| Reflect and Refine Your Schedule | Allocate weekly reflection time to assess schedules and adjust for alignment with values. |
| Focusing on Self-Care | Prioritize self-care activities (exercise, sleep, mindfulness) to thrive in relationships and work. |
| Scheduling Important Relationships | Prioritize quality time with family and friends. Schedule 'date days' and family activities. |
| Syncing with Work Stakeholders | Clarity in work expectations enhances trust and productivity. Review and sync schedules regularly. |
| Conclusion | Structure your day around values to make time for traction and combat distractions for a fulfilling life. |

Chapter 4 Summary: Making Time for Traction

Introduction to Traction vs. Distraction

Traction leads us toward our goals and values, while distraction pulls us away. To avoid distractions, it's essential to control how we spend our time.

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The Importance of Time Management

- Johann Wolfgang von Goethe suggested that knowing how someone spends their time reveals their future potential.
- Seneca observed that people protect their possessions better than their time, highlighting the need to guard our time as a limited resource.
- A study revealed only a third of Americans keep a daily schedule, indicating that many start their day without a plan.

Creating a Value-Driven Schedule

- Instead of a to-do list, start with "why" by identifying personal values (e.g., honesty, family orientation) that guide your actions.
- Values are likened to guiding stars that inform personal decisions, emphasizing the need to allocate time for values across different life domains: self, relationships, and work.

The Concept of Timeboxing

- Timeboxing is a technique to plan every moment of the day to ensure time is reserved for traction.

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- This method includes implementing priorities within a structured time, which helps distinguish between traction and distraction.
- Success is not measured by activities, but by whether planned intentions were fulfilled.

Reflect and Refine Your Schedule

- Allocate weekly reflection time to assess adherence to planned schedules and make necessary adjustments.
- Evaluate what distracted you and refine your calendar accordingly to ensure ongoing alignment with your values.

Focusing on Self-Care

- To thrive in relationships and work, it's crucial to prioritize self-care activities such as exercise, sleep, and mindfulness.

Scheduling Important Relationships

- Prioritize family and friendships by scheduling regular quality time, ensuring that responsibilities do not overshadow personal relationships.
- Scheduled "date days" and planned family activities foster

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connection and intimacy.

Syncing with Work Stakeholders

- Clarity in work expectations improves trust between employees and managers, reduces unnecessary tasks, and enhances productivity.
- Regularly review and sync schedules with stakeholders to ensure time is effectively allocated toward meaningful work.

Conclusion

- Making time for traction by structuring your day around your values helps combat distractions.
- A conscious and scheduled approach to time is essential for living a fulfilling and balanced life.

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Chapter 5 Summary : Part 3: Hack Back External Triggers

Chapter 5 Summary: Indistractable

Hacking Back External Triggers

In this chapter, the author discusses how external triggers—like notifications, pings, and alerts—constantly interrupt our focus and can lead to distraction. This phenomenon is illustrated through the story of Wendy, a marketing consultant who struggles to concentrate on important tasks due to her phone notifications.

Understanding External Triggers

External triggers can exploit our psychological vulnerabilities, making it challenging to resist distractions. To manage these triggers, the chapter emphasizes the importance of the Fogg Behavior Model, which asserts that behavior is the result of motivation, ability, and a trigger (B

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= MAT). This model helps identify whether an external trigger is aiding or hindering our progress.

The Critical Question

To gain control over distractions, we need to ask ourselves: "Is this trigger serving me, or am I serving it?" Identifying non-helpful triggers allows us to focus on those that provide traction toward our goals.

Addressing Work Interruptions

The chapter shares insights from healthcare worker Becky Richards on minimizing errors in a medical setting—echoing the importance of reducing distractions in any work environment. Solutions include wearing noticeable vests to signal periods where nurses should not be interrupted. Drawing parallels to the typical office environment, the chapter highlights how open offices can promote distractions rather than productivity.

Hacking Back Email and Meetings

Email is labeled as a significant distractor, consuming

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substantial amounts of work time. Strategies to manage email include scheduling specific times to respond and creating boundaries around communication. Meetings, often seen as necessary, can also detract from productivity when poorly organized. To upgrade meetings, the author proposes requiring agendas and a clear rationale to convene, as well as keeping attendees focused without screens that lead to distractions.

Smartphone Management

The reliance on smartphones for communication and information can be counterproductive. The author suggests a four-step plan to manage smartphone distractions: Remove unnecessary apps, Replace time-consuming apps with desktop usage, Rearrange the layout for functionality, and Reclaim notification settings to minimize interruptions.

Managing Desktop and Online Articles

A clean digital workspace can significantly enhance focus. The author advocates for organizing desktops to reduce visual clutter and disabling notifications. For online articles, he suggests using apps like Pocket to save readings for

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designated times, promoting disciplined reading habits and reducing browser distractions.

Social Media Feeds

Social media platforms, designed to keep users engaged, can become major distractions. The author introduces browser extensions that can help eliminate feeds on platforms like Facebook and YouTube, allowing users to interact with these platforms more mindfully.

Conclusion

By implementing these strategies and maintaining awareness of how external triggers influence our behavior, we can reclaim our attention, enhance productivity, and become "indistractable."

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Chapter 6 Summary : Part 4: Prevent Distraction with Pacts

Chapter 6: The Power of Precommitments

Creative Strategies Against Distraction

Notable writers and directors like Jonathan Franzen and Quentin Tarantino use extreme measures to avoid distractions in their work. Franzen, for instance, has stripped his laptop of internet access, while Tarantino writes by hand. These examples illustrate the importance of keeping distractions out and maintaining focus.

The Role of Precommitments

Learning to master urgent internal triggers, make time for traction, and manage external triggers are crucial steps before employing precommitments. Precommitments, such as “Ulysses pacts,” are techniques to limit future choices that lead to distraction. Historical examples of precommitments

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demonstrate their effectiveness in maintaining focus and discipline.

Three Types of Precommitments

In future discussions, the chapter suggests exploring three specific types of precommitments that can help individuals stay on track.

Prevent Distraction with Effort Pacts

Introducing Effort Pacts

Inventors David Krippendorf and Ryan Tseng created kSafe, a locking container to combat late-night snacking. It serves as an example of an effort pact, which increases the effort

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great concept !!!highly recommended!

Rahul Malviya

Beautiful App



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busy schedules. The summaries are spot
on, and the mind maps help reinforce wh
I've learned. Highly recommend!

Alex Walk

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Chapter 7 Summary : Part 5: How to Make Your Workplace Indistractable

Part 5: How to Make Your Workplace Indistractable

Chapter 26: Distraction Is a Sign of Dysfunction

The modern workplace is rife with distractions that impede productivity. The issue often stems from job environments that create psychological discomfort, leading employees to seek distractions as a coping mechanism. Key findings show that high job strain and effort-reward imbalance contribute to workplace-related depression, which costs the economy heavily through absenteeism and reduced productivity. Such environments exacerbate distractions as employees turn to technology, like email and group chats, to feel a semblance of control. This cycle intensifies when workplace culture demands constant responsiveness, thereby perpetuating emotional strain.

Key Takeaways:

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- High expectations coupled with low control lead to increased distractions and symptoms of depression.
- Tech overuse is a symptom of dysfunctional workplace culture rather than a root cause.
- Addressing workplace culture is essential to break the cycle of distraction.

Chapter 27: Fixing Distraction Is a Test of Company Culture

Leslie Perlow's research at the Boston Consulting Group (BCG) unveiled a culture of chronic connectedness contributing to employee dissatisfaction and turnover. By allowing a single predictable night off from work demands, Perlow facilitated discussions among employees, empowering them to challenge the toxic norms of always being "on." This resulted in greater job satisfaction and an overall positive cultural shift, enhancing psychological safety and engagement among team members.

Key Takeaways:

- Psychological safety is crucial for team cohesion and

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effectiveness.

- Open dialogue encourages employees to voice concerns, leading to innovative solutions to workplace challenges.
- Addressing cultural norms can transform previously toxic work environments.

Chapter 28: The Indistractable Workplace

Slack exemplifies a workplace that resists the pressures of constant connectivity. Its culture encourages employees to log off after hours and fosters a strong sense of community through regular feedback channels. By prioritizing psychological safety and creating environments for open discussions, Slack empowers employees to detach from distractions and focus on meaningful work. This approach reflects a commitment to a healthy work-life balance, enhancing employee satisfaction and retention.

Key Takeaways:

- Indistractable workplaces maintain a balance between connectivity and disconnection.
- Psychological safety and open communication channels are vital for employee engagement.

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- Organizations committed to fostering a supportive culture tend to enjoy higher employee satisfaction and loyalty.

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Chapter 8 Summary : Part 6: How to Raise Indistractable Children (And Why We All Need Psychological Nutrients)

Part 6: How to Raise Indistractable Children (And Why We All Need Psychological Nutrients)

Chapter 29: Avoid Convenient Excuses

- Society's fear of technology, especially smartphones, has led to extreme reactions from parents, including smashing devices.
- Many parents struggle with their children's screen time and behaviors influenced by technology, often blaming external factors like screens rather than examining deeper psychological needs.
- Simple explanations like "sugar highs" for hyperactivity are misleading; similarly, the rebellion of teenagers is often oversimplified.
- Historical context shows that fears about technology have long existed, with each era producing moral panics about

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new developments.

- It's crucial to understand distractions as symptoms of deeper issues rather than just blaming technology.
- Parents should focus on teaching children how to manage distractions instead of seeing technology as inherently harmful.

Chapter 30: Understand Their Internal Triggers

- Richard Ryan and Edward Deci's self-determination theory outlines three psychological needs crucial for well-being: autonomy, competence, and relatedness.
- Children may seek distractions like screens when these needs are unfulfilled, showing a need for autonomy in decision-making.
- Cultural differences in child rearing, such as those found in Mayan societies, highlight the importance of granting children freedom to meet their interests.
- The modern schooling model often restricts autonomy and is detrimental to engagement and motivation.
- Addressing psychological needs allows children to feel more fulfilled and less drawn to distractions.

Chapter 31: Make Time for Traction Together

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- Conversations around technology should focus more on interpersonal relationships than on devices.
- Parents should work with children to create a values-based schedule that honors their interests and responsibilities.
- It's important for children to learn to set aside time for both health and academic responsibilities and to engage in unstructured play.
- Scheduled family meals and outings can help enhance relationships and strengthen family bonds.
- Teaching children planning and self-regulation is vital for developing self-discipline.

Chapter 32: Help Them with External Triggers

- Parents often enable distractions by providing devices too early and without adequate preparation.
- Instead, children should start with more basic devices, gradually learning to manage their use of technology.
- Parents should also be mindful of maintaining a distraction-free environment at home, especially during important tasks.
- It's essential to teach children how to manage external triggers and respect their focus time without interruptions.

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Chapter 33: Teach Them to Make Their Own Pacts

- Encouraging children to take responsibility for their screen time fosters independence and self-regulation.
- Parents can guide children in setting their own limits regarding device use, creating a sense of ownership over their decisions.
- Discussions about technology should be open, allowing for healthy disagreement and dialogue about distractions.
- Teaching kids to recognize the motivations behind tech can help them understand their engagement and develop media literacy skills.
- Children benefit from practicing self-monitoring, enabling them to manage attention even when parents aren't present.

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Chapter 9 Summary : Part 7: How to Have Indistractable Relationships

Part 7: How to Have Indistractable Relationships

Chapter 34: Spread Social Antibodies Among Friends

Distractions in social settings, particularly from phones, are nearly ubiquitous and can interrupt conversations, leading to weaker social bonds. This phenomenon, known as "social contagion," mirrors behaviors seen in smoking, prompting the need to develop "social antibodies" against digital distractions. Societal norms can change over time; for instance, smoking indoors was once accepted but is now largely seen as unacceptable. By creating new norms that discourage phone use in social interactions, we can combat distractions.

Ways to initiate these changes include tactfully addressing phone use with questions like, "Is everything OK?" to prompt friends to prioritize the conversation over their

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devices. Additionally, other distractions, such as televisions in restaurants or children's demands, can interrupt meaningful conversations and should also be managed proactively.

Chapter 35: Be an Indistractable Lover

The impact of digital distractions extends to intimate relationships, often causing couples to prioritize devices over each other. To combat this, individuals can create boundaries around technology use, such as moving phones out of the bedroom to reduce temptations. Couples can also implement strategies like the ten-minute rule, which allows for pausing before responding to tech urges, and setting timers for devices to enforce designated tech-free times.

By addressing both external and internal triggers that lead to distraction, couples can reclaim time together and nurture their relationship. Striving to be indistractable helps enhance

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Chapter 10 Summary :

Chapter Takeaways

INTRODUCTION

-

Chapter 1:

Achieving your desired life involves not only actions but also the avoidance of detrimental behaviors.

-

Chapter 2:

Traction takes you closer to your goals, while distraction diverts you. Being indistractable is about fulfilling your commitments.

PART 1: MASTER INTERNAL TRIGGERS

-

Chapter 3:

Discomfort drives motivation. Identify root causes of distractions instead of surface ones.

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Chapter 4:

Confront discomfort rather than escape through distraction.

-

Chapter 5:

Avoid suppressing urges; instead, observe and allow them to fade.

-

Chapter 6:

Understand the negative emotions preceding distractions; approach them with curiosity.

-

Chapter 7:

Transform tasks into enjoyable activities by seeking novelty.

-

Chapter 8:

Change your mindset; avoid labeling yourself negatively regarding distractions.

PART 2: MAKE TIME FOR TRACTION

-

Chapter 9:

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Align your time with your values through structured scheduling.

-

Chapter 10:

Dedicate time for personal care and self-reflection.

-

Chapter 11:

Include quality time with loved ones and handle household tasks within your schedule.

-

Chapter 12:

Coordinate your schedule with key stakeholders.

PART 3: HACK BACK EXTERNAL TRIGGERS

-

Chapter 13:

Evaluate external triggers to determine if they benefit you or lead to distraction.

-

Chapter 14:

Protect your focus; indicate when you're unavailable.

-

Chapter 15:

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Minimize emails by sending fewer and categorizing responses by urgency.

-

Chapter 16:

Schedule explicit times for group chats and limit participants.

-

Chapter 17:

Make meetings more productive with clear agendas and limit devices in meetings.

-

Chapter 18:

Use distractive apps on your desktop rather than your phone, and manage notifications.

-

Chapter 19:

Disable desktop notifications to minimize distractions at work.

-

Chapter 20:

Save articles for later and engage in “multichannel multitasking.”

-

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Utilize browser extensions for social media benefits without distractions.

PART 4: PREVENT DISTRACTION WITH PACTS

-

Chapter 22:

Anticipate distractions and plan accordingly.

-

Chapter 23:

Implement effort pacts to complicate unwanted behaviors.

-

Chapter 24:

Use price pacts to increase the cost of distractions.

-

Chapter 25:

Adopt identity pacts to reinforce a self-image of being indistractable.

PART 5: HOW TO MAKE YOUR WORKPLACE INDISTRACTABLE

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Chapter 26:

An “always on” culture can harm worker well-being.

-

Chapter 27:

Tech overuse is often symptomatic of poor company culture rooted in a lack of psychological safety.

-

Chapter 28:

Foster a culture that prioritizes focused work by initiating open discussions on productivity issues.

PART 6: HOW TO RAISE INDISTRACTABLE CHILDREN (AND WHY WE ALL NEED PSYCHOLOGICAL NUTRIENTS)

-

Chapter 29:

Address the reasons behind children's distractions and teach them the indistractable model.

-

Chapter 30:

Ensure children have their psychological needs met to prevent seeking fulfillment online.

-

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Chapter 31:

Help children schedule their time, allowing for both responsibilities and leisure.

-

Chapter 32:

Collaborate with children to eliminate external distractions and manage triggers responsibly.

-

Chapter 33:

Encourage children to make their own pacts regarding distractions, emphasizing that this is a solvable issue.

PART 7: HOW TO HAVE INDISTRACTABLE RELATIONSHIPS

-

Chapter 34:

Inquire about device use in social contexts to show concern.

-

Chapter 35:

Remove devices from personal spaces and establish automatic internet shut-off times.

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Best Quotes from Indistractable by Nir Eyal with Page Numbers

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Chapter 1 | Quotes From Pages 19-23

1. I had just blown a magical moment with my daughter because something on my phone had grabbed my attention.
2. What we don't know is how to stop getting distracted.
3. I discovered that living the life we want requires not only doing the right things; it also requires we stop doing the wrong things that take us off track.
4. If you want to be more productive at work, we need to stop wasting time and actually do the work.
5. The first step is to recognize that distraction starts from within.
6. Time spent scrolling through social media feeds is not as enriching as spending time with real friends in real life.
7. The time you plan to waste is not wasted time.
8. You're welcome to navigate the four steps to becoming

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indistractable however you like, but I recommend you proceed in order through parts one to four.

9. What would life be like if your superpower was being indistractable?

Chapter 2 | Quotes From Pages 24-29

1. The curse is not that Tantalus spends all eternity reaching for things just out of reach, but rather his obliviousness to the greater folly of his actions.
2. Distraction stops you from achieving your goals. It is any action that moves you away from what you really want.
3. Traction leads you closer to your goals. It is any action that moves you toward what you really want.
4. The four-part Indistractable Model is a tool for seeing and interacting with the world in a new way.

Chapter 3 | Quotes From Pages 30-60

1. I'm coming clean today, telling this story for the very first time in its raw, ugly detail. In March of 2012 . . . I purchased a device that would slowly begin to ruin my life.

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2. What began as a research project turned into mindless compulsion.
3. Distraction, it turns out, isn't about the distraction itself; rather, it's about how we respond to it.
4. Unless we deal with the root causes of our distraction, we'll continue to find ways to distract ourselves.
5. If we accept this fact, it makes sense that the only way to handle distraction is by learning to handle discomfort.
6. Dissatisfaction is responsible for our species' advancements as much as its faults.
7. Talking to yourself the way you might talk to a friend is a healthier way to handle self-doubt.
8. What we say to ourselves matters. Labeling yourself as having poor self-control is self-defeating.

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Chapter 4 | Quotes From Pages 61-83

- 1.If I know how you spend your time, then I know what might become of you.
- 2.People are frugal in guarding their personal property; but as soon as it comes to squandering time, they are most wasteful of the one thing in which it is right to be stingy.
- 3.To be the person you want to be, you have to make time to live your values.
- 4.When it comes to our time, we should stop worrying about outcomes we can't control and instead focus on the inputs we can.
- 5.The people you love deserve more than getting whatever time is left over.

Chapter 5 | Quotes From Pages 84-133

- 1.The secret lies in the answer to a critical question:
Is this trigger serving me, or am I serving it?
- 2.External triggers can rip us away from our planned tasks.
- 3.We must ask ourselves: Is this trigger serving me, or am I serving it?

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- 4.Interruptions lead to mistakes. You can't do your best work if you're frequently distracted.
- 5.The key to receiving fewer emails is sending fewer emails.
- 6.A cluttered desktop doesn't just look ugly; it's also costly.
- 7.Online articles are full of potentially distracting external triggers.
- 8.You can hack back the external triggers on your phone in four steps and in less than one hour.

Chapter 6 | Quotes From Pages 134-157

- 1.What you have to do," he explains, "is you plug in an Ethernet cable with superglue and then you saw off the little head of it.
- 2.Ulysses resists the Sirens' song by making a precommitment and successfully avoiding the distraction.
- 3.An effort pact prevents distraction by making unwanted behaviors more difficult to do.
- 4.A price pact adds a cost to getting distracted.
- 5.Identity is another cognitive shortcut that helps our brains make otherwise difficult choices in advance, thereby

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streamlining decision-making.

6.By thinking of yourself as indistractable, you empower yourself through your new identity.

7.Teaching others solidifies your commitment, even if you're still struggling.

8.Rituals reinforce our identity and influence our future actions.

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Chapter 7 | Quotes From Pages 158-175

- 1.It doesn't so much matter what you do, but rather the work environment you do it in.
- 2.Jobs where employees encounter high expectations and low control have been shown to lead to symptoms of depression.
- 3.Psychological safety was the antidote to the depression-inducing work environments.
- 4.Knowing that your voice matters is essential.
- 5.Indistractable organizations... foster psychological safety, provide a place for open discussions about concerns, and, most important, have leaders who exemplify the importance of doing focused work.

Chapter 8 | Quotes From Pages 176-205

- 1.Many experts believe the discussion regarding whether tech is harmful is more nuanced than alarmists let on.
- 2.When kids act in ways we don't like, parents desperately ask, 'Why is my kid acting this way?'

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- 3.Children need autonomy—volition and freedom of control over their choices.
- 4.Kids are so different, and their developmental rates are so variable.
- 5.When we discuss our problems openly and in an environment where we feel safe and supported, we can resolve them together.
- 6.Understanding that companies are motivated to keep kids spending time watching or playing is an important part of teaching media literacy.

Chapter 9 | Quotes From Pages 206-216

- 1.When one person takes out a phone at dinner, it acts as an external trigger. Soon, others are lost in their screens, at the expense of the conversation.
- 2.Distraction among friends can take on other forms, including our own children.
- 3.The only way to make sure certain unhealthy behaviors are no longer acceptable is to call them out and address them with social antibodies that block their spread.

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4.By becoming indistractable, we can set an example for others.

5.We all have the power to be indistractable.

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Chapter 10 | Quotes From Pages 217-221

1. Turn your values into time. Timebox your day by creating a schedule template.
2. Schedule time for yourself. Plan the inputs and the outcome will follow.
3. The antidote to impulsiveness is forethought. Plan ahead for when you're likely to get distracted.
4. Use identity pacts as a precommitment to a self-image. Call yourself 'indistractable.'
5. Make sure children's psychological needs are met. All people need to feel a sense of autonomy, competence, and relatedness.

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Indistractable Questions

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Chapter 1 | What's Your Superpower?| Q&A

1.Question

What is the primary message of Chapter 1 of Indistractable by Nir Eyal?

Answer: The primary message is about recognizing how distractions can take precedence over meaningful relationships and activities in our lives. The author shares personal experiences to illustrate the importance of becoming 'indistractable' and emphasizes that true fulfillment comes from focusing on what matters, rather than succumbing to impulsive distractions.

2.Question

How did the author's initial attempt to eliminate distractions fail?

Answer: The author's initial attempts at a digital detox and using non-smart devices did not solve his distraction

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problems. Instead of addressing the root cause of his distractions—internal psychological discomfort—he found himself replacing one distraction with another, highlighting that technology alone isn't to blame for distraction.

3.Question

What is meant by the concept of 'pacts' mentioned in the chapter?

Answer:'Pacts' refer to precommitment strategies that help individuals stick to their intentions and reduce the temptation to get distracted. By making agreements or commitments to oneself or others, individuals can enhance their ability to focus and fulfill their goals.

4.Question

What does the author suggest about the relationship between distraction and personal desires?

Answer:The author suggests that we often mislabel activities as distractions without recognizing what they distract us from. To effectively manage distractions, one must first identify their true priorities and intentions, as knowing what

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you genuinely want helps clarify what you are distracted from.

5.Question

How does the author propose to handle the psychological discomfort that leads to distraction?

Answer:The author proposes that instead of using traditional techniques like mindfulness, we should explore the deeper motivations behind our behaviors and focus on engaging intensely with tasks. Understanding that time management is essentially pain management helps in addressing the root causes of distraction.

6.Question

Why is knowing both what you want to do and what distracts you important, according to Eyal?

Answer:Knowing what you want to do allows you to set intentional goals, while understanding what distracts you enables you to avoid those distractions or plan for them. This dual awareness fosters a more purposeful and fulfilling approach to daily activities.

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7.Question

What are the implications of being 'indistractable' for personal relationships?

Answer:Being 'indistractable' can lead to more meaningful relationships by ensuring individuals are fully present and engaged with their loved ones. It helps individuals prioritize quality time and attention towards family and friends, ultimately leading to stronger connections.

8.Question

What does Eyal emphasize about the challenges of modern distractions?

Answer:Eyal emphasizes that distractions are not solely technological; they can arise from numerous external triggers in our environment. Addressing these triggers requires a proactive approach to eliminate or manage them in a way that supports focused work and personal well-being.

9.Question

What are the four key strategies for becoming indistractable mentioned in the chapter?

Answer:The four key strategies for becoming indistractable

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include recognizing internal triggers that lead to distractions, making time for important activities, managing external triggers, and forming precommitment pacts to ensure accountability in pursuing intentions.

10.Question

What transformative effects does the author predict for readers who become indistractable?

Answer:The author predicts that readers who become indistractable will experience heightened productivity, improved mental and physical well-being, deeper fulfillment in relationships, and enhanced joy in everyday activities, ultimately leading to a more satisfying life.

Chapter 2 | Being Indistractable| Q&A

1.Question

What is the story of Tantalus meant to illustrate about human desires?

Answer:The story of Tantalus represents the insatiable human condition of constantly reaching for what we desire but can never attain. It highlights

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the relentless nature of our cravings—whether for experiences, knowledge, or material possessions—and serves as a cautionary tale regarding our obliviousness to true needs versus false desires.

2.Question

What differentiates traction from distraction?

Answer:Traction refers to actions that draw us towards our goals and what we truly want in life, while distraction involves actions that pull us away from those goals. Essentially, traction moves us forward, and distraction hinders our progress.

3.Question

How do internal and external triggers influence our actions?

Answer:Internal triggers prompt actions based on our internal states (like hunger or emotions), while external triggers are cues from our environment (like notifications or interruptions) that direct us to act. Both types of triggers can

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lead us to either traction or distraction, depending on how we respond.

4.Question

What has changed in the modern world regarding distractions?

Answer:Today's distractions are different due to the vast amount of information readily available, the speed of dissemination, and constant access through our devices. This modern trifecta makes it easier than ever to get distracted, leading to a significant challenge in maintaining focus and attention.

5.Question

What are the potential negative effects of distraction according to research?

Answer:Distraction can lead to reduced creativity and problem-solving abilities, hamper the development of close friendships, and ultimately be detrimental to our mental and physical health. Essentially, constant distraction can isolate us and prevent meaningful connections.

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6.Question

What lesson can we learn from Tantalus about our own distractions?

Answer:The moral of Tantalus's story is not about being deprived of desires but rather the folly of our endless seeking when we don't truly need these distractions. It encourages us to step back, recognize our false needs, and manage our desires consciously.

7.Question

What does it mean to be indistractable?

Answer:Being indistractable means staying true to your commitments and maintaining focus on what you value, allowing you to lead a more purposeful life. It involves recognizing distractions and implementing strategies to manage them effectively.

8.Question

What is the significance of understanding internal and external triggers in the journey to being indistractable?

Answer:Understanding these triggers is crucial as they provide insight into what prompts us to act in ways that

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either support our goals (traction) or lead us astray (distraction). By identifying these cues, we can develop better strategies for managing our attention and aligning our actions with our true desires.

9.Question

What is the overarching message of Chapter 2 in 'Indistractable'?

Answer:Chapter 2 emphasizes the importance of recognizing and managing distractions in our lives to achieve our goals. It teaches us that while distractions will always exist, we have the power and responsibility to control how we respond to them, ultimately guiding our actions towards a more fulfilling and intentional life.

Chapter 3 | Part 1: Master Internal Triggers| Q&A

1.Question

How can understanding the root causes of distraction transform our approach to managing them?

Answer:Understanding the root causes of distraction helps us identify the internal triggers that prompt

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unhealthy behaviors. By addressing these underlying issues, rather than blaming external distractions, we can cultivate strategies that empower us to manage our time and focus more effectively. This approach allows us to become 'indistractable' by focusing on alleviating discomfort rather than simply avoiding distractions.

2.Question

What role did the impatience and obsession play in Zoë Chance's story with the Striiv pedometer?

Answer:Zoë's impatience and obsession with the Striiv pedometer served as a coping mechanism during a tumultuous time in her life, filled with professional stress and personal uncertainty. Instead of addressing the discomfort caused by her stressful circumstances, she became fixated on accumulating steps and points, which ultimately disrupted her life and relationships.

3.Question

In what way can reframing discomfort change our perspective on productivity?

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Answer: Reframing discomfort as a natural state that we can manage transforms our approach toward productivity. By viewing challenges and discomfort as opportunities for growth rather than barriers, we can harness our dissatisfaction to drive motivation and enhance focus, ultimately making tasks more satisfying and engaging.

4.Question

What insights about self-control did recent studies on ego depletion provide?

Answer: Recent studies suggest that ego depletion, the idea that willpower is a limited resource, may not be accurate. Instead, the perception of self-control and willpower does not diminish with use; it is influenced by our beliefs about willpower. This means that by shifting our mindset to one of empowerment, we can increase our resilience and ability to focus without succumbing to distractions.

5.Question

How can individuals develop self-compassion to combat distractions and feelings of inadequacy?

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Answer: Individuals can cultivate self-compassion by changing the way they talk to themselves, treating themselves with the same kindness and understanding they would offer a friend. This shift helps break the cycle of negative self-talk that can lead to distraction, enabling a healthier response to setbacks and promoting a more productive mindset.

6.Question

What are some practical steps to manage internal triggers and reduce distractions?

Answer: Practical steps to manage internal triggers include: 1) Identifying and noting the internal triggers that lead to distractions, 2) Exploring the sensations associated with these triggers instead of resisting them, 3) Practicing techniques like the 'leaves on a stream' method to observe and let go of distracting thoughts, and 4) Utilizing the 'ten-minute rule' to delay immediate reactions to distractions and allow for reflection.

7.Question

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How does finding fun in mundane tasks improve focus and productivity?

Answer: Finding fun in mundane tasks can improve focus and productivity by re-framing the tasks as engaging challenges rather than chores. By introducing elements of novelty and creativity into the work, individuals can tap into their curiosity and maintain their focus, thus reducing the temptation to seek distractions.

8.Question

What is the significance of recognizing 'liminal moments' in our daily routines?

Answer: Recognizing 'liminal moments'—transitions between tasks or activities—is significant because these moments are often triggers for distraction. By being mindful during these transitions, individuals can prevent slipping into mindless actions, like checking their phones, and instead maintain focus on their primary goals.

9.Question

How does the belief in our ability to manage cravings impact our success in overcoming them?

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Answer:Believing that we have the power to manage our cravings positively correlates with our success in overcoming them. When we feel empowered and confident in our ability to resist temptations, we are more likely to persist and ultimately succeed rather than feeling helpless, which can lead to giving in to distractions.

10.Question

What overarching theme can we draw from Zoë Chance's experience with distraction and motivation?

Answer:The overarching theme from Zoë Chance's experience is that distractions often arise from a desire to escape discomfort. By understanding our internal triggers and reimagining our responses, we can cultivate healthier habits that lead to greater focus and fulfillment.

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Chapter 4 | Part 2: Make Time for Traction| Q&A

1.Question

How does distraction impact our ability to live our values?

Answer:Distraction pulls us away from our core values and goals, leading to dissatisfaction and imbalance in our lives. When we are distracted, we may neglect important relationships, personal care, and professional responsibilities, resulting in feelings of regret and a lack of fulfillment.

2.Question

What is the importance of timeboxing when managing your schedule?

Answer:Timeboxing helps structure our day, setting clear intentions for when and how to engage in activities that align with our values. It mitigates the overwhelming feeling of too many choices and allows us to focus on what truly matters, ensuring we don't get lost in distractions.

3.Question

What role do internal triggers play in distraction, and

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how can we manage them?

Answer: Internal triggers, such as anxiety or discomfort, can drive us to seek distractions as a coping mechanism. By recognizing these triggers and employing strategies to cope with them, like mindful practices or reflecting on our values, we can reduce their power and stay focused on our goals.

4.Question

How can categorizing values into life domains improve time management?

Answer: By categorizing values into domains like 'you', 'relationships', and 'work', we can clearly see where to allocate our time. This framework helps ensure that we are not overspending time in one area at the expense of others, fostering a more balanced and fulfilling life.

5.Question

Why is it crucial to schedule time for important relationships?

Answer: Scheduling time for relationships prevents loved ones from becoming residual beneficiaries of our time. It

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highlights their importance in our lives and ensures we prioritize meaningful connections, which contribute to our overall happiness and well-being.

6.Question

What lesson can be learned from the example of April, the advertising sales executive?

Answer:April's experience underscores the importance of a timeboxed schedule in managing work-related stress. By creating a structured plan that aligns with her priorities and syncing with her manager, she was able to regain control over her workday, reduce distractions, and enhance her overall performance without sacrificing her personal life.

7.Question

How can one ensure they are allocating time effectively to live out their values?

Answer:Regularly reflecting on and refining one's calendar, as well as making intentional commitments to time for self-care, relationships, and work tasks, ensures that time is allocated in a way that reflects personal values and priorities.

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Establishing this practice regularly can lead to a more fulfilling and balanced life.

8.Question

What are the key benefits of having a structured schedule?

Answer:A structured schedule enhances productivity, reduces distractions, and allows individuals to focus on their values and priorities. It fosters accountability and provides clarity on how one spends their time, ultimately leading to a more intentional and meaningful life.

9.Question

How does the idea of 'you time' integrate with overall life balance?

Answer:'You time' is essential for maintaining physical and psychological health, which supports the other areas of life such as work and relationships. By prioritizing time for oneself, individuals ensure they can engage fully and meaningfully with others and meet their work commitments.

10.Question

How does one transition from a task-oriented approach to

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a values-oriented approach in scheduling?

Answer: To transition to a values-oriented approach, one must start by identifying their core values and reflecting on why they want to accomplish certain tasks. From there, they can create a schedule that prioritizes actions that align with those values, rather than simply focusing on completing tasks.

Chapter 5 | Part 3: Hack Back External Triggers| Q&A

1.Question

What are the main external triggers that lead to distraction, as illustrated by Wendy's experience?

Answer: Wendy's distractions came primarily from smartphone notifications for social media, messages from her mom, and other alerts, which diverted her focus from her work task of writing proposals.

2.Question

How does Sean Parker describe the influence of social media on human behavior?

Answer: Sean Parker describes social media as utilizing a 'social-validation feedback loop' that exploits vulnerabilities

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in human psychology to manipulate behavior, making users susceptible to distractions.

3.Question

What is the Fogg Behavior Model, and how does it relate to habits?

Answer:The Fogg Behavior Model states that for a behavior to occur, motivation, ability, and a trigger must all be present at the same time ($B = MAT$). This model helps understand why external triggers can lead to habitual distractions.

4.Question

What effect does the presence of a smartphone have on a person's focus?

Answer:Research shows that even the presence of a smartphone can demand cognitive resources, leading to a 'brain drain' that affects one's ability to focus on ongoing tasks.

5.Question

How did Becky Richards' team reduce medication errors, and what does this suggest about distractions in the workplace?

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Answer:Becky Richards' team reduced medication errors by implementing visible cues like brightly colored vests for nurses during medication administration. This indicates that reducing distractions in high-stakes environments is critical for improving performance.

6.Question

What practical advice is offered for managing interruptions in work environments?

Answer:Practical advice includes using visual cues, like a 'Do Not Disturb' sign, to signal when you should not be interrupted, and organizing physical and virtual spaces to minimize distractions.

7.Question

How can emails become a significant source of distraction, and what strategies can individuals use to manage their email effectively?

Answer:Emails can distract through constant notifications, leading to time wastage and lowered productivity. Strategies to manage emails effectively include scheduling specific times to check emails, tagging them based on urgency, and

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reducing the number of emails sent.

8.Question

What is multichannel multitasking and how can it help with productivity?

Answer:Multichannel multitasking involves pairing low-concentration tasks, like listening to an audiobook, with activities like exercising. This optimizes time use and makes tasks more enjoyable.

9.Question

What is the 'News Feed Eradicator' and how does it help with distraction?

Answer:The News Feed Eradicator is a browser extension that eliminates distracting news feeds on social media platforms and replaces them with inspirational quotes, helping users focus on their intended tasks.

10.Question

What conclusion can we draw about the relationship between technology design and user attention based on the content?

Answer:Technology is often designed to capture and

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monopolize user attention through various external triggers, and users must actively implement strategies to reclaim control over their attention and productivity.

Chapter 6 | Part 4: Prevent Distraction with Pacts| Q&A

1.Question

What is a 'precommitment' and how can it help in becoming indistractable?

Answer:A precommitment is a strategy that involves making a decision that binds us to a future course of action, thereby reducing impulsivity. It helps in becoming indistractable by solidifying our intentions when we are clear-headed, making it less likely that we will act against our best interests when faced with distractions.

2.Question

Can you give an example of a powerful historical precommitment?

Answer:The story of Ulysses from Homer's Odyssey serves as an iconic example of precommitment. Ulysses instructed

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his crew to bind him to the mast of the ship while they sailed past the Sirens, knowing that he would be tempted to steer the ship toward danger. This decision safeguarded both himself and his crew from distraction.

3.Question

What are 'effort pacts' and how do they help us prevent distractions?

Answer:Effort pacts are a type of precommitment that increases the effort required to engage in undesirable behaviors, making distractions harder to pursue. For example, the kSafe device requires you to lock away temptations, and if it takes extra effort to break the pact, you are less likely to give in to distractions.

4.Question

How does loss aversion relate to 'price pacts'?

Answer:Loss aversion is the psychological tendency to feel the pain of losing more acutely than the pleasure from gaining. Price pacts leverage this by requiring individuals to stake money which they will lose if they fail to meet their

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commitments, making the cost of distraction feel immediate and painful.

5.Question

How can identity play a role in preventing distraction?

Answer: Changing our self-image can significantly influence our behavior. By adopting an identity that reflects our goals, such as identifying as 'indistractable', we align our actions with this new self-perception, which helps in resisting distractions and committing to focused work.

6.Question

What specific technique can reinforce the identity of being 'indistractable'?

Answer: Creating rituals can reinforce the identity of being indistractable. For instance, using daily mantras that emphasize focus, sharing your intent to be indistractable with others, or wearing clothing that reflects this identity can help solidify this self-image and encourage consistent behavior.

7.Question

What was a key finding from the voter identity experiment at Stanford?

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Answer: The Stanford study found that participants who thought of themselves as 'voters' were significantly more likely to actually vote than those who simply considered the act of voting. This illustrates how our identity can drive behavior and decision-making.

8.Question

Why is it important to share your goals with others when trying to stay undistractable?

Answer: Sharing your goals with others helps solidify your commitment to those goals. Teaching others about your strategies can create additional accountability and motivation, reinforcing your own resolve to stay focused.

9.Question

What are some potential pitfalls of using price packs?

Answer: Price packs may not be effective if external triggers can't be eliminated, should only be used for short tasks to prevent associating them with punishment, are often intimidating to start, and should consider the emotional impact of failure for individuals sensitive to self-criticism.

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10.Question

How can secular rituals help enhance self-discipline?

Answer:Secular rituals, like specific pre-meal routines or consistent planning practices, can build personal discipline and self-control by establishing habits that reinforce our desired identities and make productive behaviors feel instinctive.

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Chapter 7 | Part 5: How to Make Your Workplace Indistractable| Q&A

1.Question

What is often the real cause of distraction in the workplace?

Answer:The real cause of distraction in the workplace is often a dysfunctional company culture, not the technology itself. High expectations combined with low control can lead to job strain and effort-reward imbalance, causing employees to seek distractions to cope with discomfort.

2.Question

How can companies create a culture that reduces distraction?

Answer:Companies can create a culture that reduces distraction by fostering psychological safety, ensuring employees feel comfortable voicing their concerns, and providing regular opportunities for open dialogue. This empowers employees to discuss issues like tech overuse and seek solutions together.

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3.Question

What did Leslie Perlow's research reveal about workplace culture?

Answer:Leslie Perlow's research at the Boston Consulting Group highlighted the importance of predictable time off and open communication. By allowing teams to discuss their needs and find solutions collaboratively, the culture transformed from one marked by constant pressure to one that promotes work-life balance.

4.Question

What is psychological safety and why is it important?

Answer:Psychological safety is the belief that one will not be punished or humiliated for speaking up with ideas or concerns. It is crucial because teams with higher psychological safety are more effective, have better retention rates, and can tackle challenges like distraction more openly.

5.Question

What steps can leaders take to foster psychological safety in their organizations?

Answer:Leaders can foster psychological safety by framing

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work as a learning problem rather than an execution problem, acknowledging their fallibility to encourage openness, and modeling curiosity by asking questions to engage all team members.

6.Question

What role does technology play in distraction at work?

Answer: While technology like email and messaging apps can perpetuate distraction, it is typically a symptom of underlying cultural issues. The focus should be on addressing the toxic behaviors and unrealistic expectations that lead to technology overuse.

7.Question

How did Slack successfully manage work-life balance despite being a communication tool?

Answer: Slack managed work-life balance by establishing a culture that prioritizes disconnecting after hours, discouraging after-hours messaging, and providing features like 'Do Not Disturb' to help employees focus on their work and personal lives.

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8.Question

What are some benefits of open discussions about workplace issues?

Answer:Open discussions about workplace issues lead to a better understanding of employees' challenges, foster a sense of community, increase job satisfaction, and enable teams to devise practical solutions that improve overall productivity.

9.Question

What did the research from Google reveal about effective teams?

Answer:Google's research indicated that the interactions and dynamics within a team are more significant than the individual competencies of its members. Effective teams rely on psychological safety, dependability, structure, clarity, and a sense of purpose.

10.Question

How can companies ensure they are addressing employee concerns effectively?

Answer:Companies can ensure they are addressing employee concerns effectively by establishing regular feedback

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channels, being responsive to employee suggestions, and holding all-hands meetings where employees feel safe to speak candidly.

Chapter 8 | Part 6: How to Raise Indistractable Children (And Why We All Need Psychological Nutrients)| Q&A

1.Question

What are the key psychological nutrients kids need to thrive, according to Richard Ryan and Edward Deci?

Answer: Kids need autonomy, competence, and relatedness to flourish mentally and emotionally.

2.Question

How does the lack of autonomy in school environments impact children's attention and motivation?

Answer: Restrictive school environments can condition children to lose control of their attention, leading to increased distractibility.

3.Question

Why do children often turn to technology for distraction, and how can parents address this?

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Answer: When children's psychological needs for autonomy, competence, and relatedness are unmet in real life, they seek fulfillment through screens. Parents can help by understanding these needs and facilitating opportunities for engagement and autonomy.

4.Question

How can parents create a family environment that encourages healthy tech use?

Answer: Encourage open discussions about values and set shared schedules. Create rules together about tech time, emphasizing the importance of family interactions and planned activities.

5.Question

What are some effective strategies for parents to limit their children's screen time?

Answer: Encourage kids to set their own limits, use timers for screen usage, prioritize sleep by keeping devices out of bedrooms, and foster a balanced schedule that includes non-tech activities.

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6.Question

How can parents teach children to recognize the difference between traction and distraction?

Answer:Help children define their priorities and values, then collaborate on creating a schedule that aligns with those values, ensuring they understand when something is a distraction.

7.Question

What lesson can parents learn about allowing kids to face the consequences of their choices?

Answer:Letting kids experience failure and the associated consequences can motivate them to better manage their time and responsibilities, fostering autonomy and critical thinking.

8.Question

Why is it crucial for parents to model indistractable behavior?

Answer:When parents demonstrate how to manage distractions effectively, they provide a living example for their children, helping them learn these skills in real-time.

9.Question

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What impact does family mealtime have on children's behavior?

Answer:Regular family meals are associated with lower rates of depression, drug use, and school problems in children, emphasizing the importance of family bonding.

10.Question

How do unstructured playtimes benefit children's development?

Answer:Unstructured playtime helps children develop social skills, focus, and adaptability, contrasting with overly structured environments that may limit these abilities.

Chapter 9 | Part 7: How to Have Indistractable Relationships| Q&A

1.Question

What is the social contagion phenomenon as it relates to distraction?

Answer:Social contagion refers to the way our behaviors can influence those around us, particularly in social settings. For instance, if one person checks their phone during a meal, others are

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likely to follow suit, thereby distracting everyone from engaging in meaningful conversation. This collective behavior can deteriorate relationships as attention shifts from each other to screens.

2.Question

How can we create social antibodies to combat distractions in social settings?

Answer: We can develop new social norms that discourage phone use in gatherings. One effective approach is to tactfully address someone who is using their device by asking, 'I see you're on your phone. Is everything OK?' This not only addresses the behavior but also encourages a culture of being present with each other.

3.Question

What lesson can we learn from the decline of smoking in social settings that applies to distractions today?

Answer: The decline of smoking illustrates that societal norms can change to discourage unhealthy behaviors. Just like smoking became taboo through collective social

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antibodies, we can work to make distractions like phone usage in social situations unacceptable, fostering relationships that value presence and communication.

4.Question

What challenges arise in personal relationships due to technology distractions, as described by the author?

Answer:Technology distractions can lead to decreased intimacy, as illustrated by the author's experience of checking phones instead of connecting with their partner. This behavior can create feelings of neglect and frustration, ultimately harming the relationship.

5.Question

How did the author and their partner address their phone distractions at home?

Answer:The author and their partner established a rule to move their devices out of the bedroom to reclaim their time for each other. They also implemented a ten-minute rule to pause and resist the urge to check devices, and set timers to cut off internet access at night, ensuring dedicated time

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together.

6.Question

What is the significance of being indistractable in intimate relationships?

Answer:Being indistractable allows individuals to fully engage with their partners, enhancing emotional intimacy and communication. By managing distractions, couples can enjoy quality time that strengthens their bond and fosters a healthier, more fulfilling relationship.

7.Question

What emotional insight did the author gain from their daughter about kindness and distraction?

Answer:The author learned from their daughter that being kind is a fundamental power everyone possesses, linking this to the ability to be indistractable. Just as kindness is an innate choice, being present and managing distractions is also within our power, enabling us to nurture meaningful relationships.

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Chapter 10 | Q&A

1.Question

What does it mean to be indistractable according to Nir Eyal?

Answer:Being indistractable means striving to do what you say you will do. It involves moving towards your true goals and values while actively avoiding distractions that pull you away from those goals.

2.Question

How can internal triggers contribute to distraction, and what is a method to manage them?

Answer:Internal triggers, such as negative emotions and discomfort, often lead us to seek distractions as a coping mechanism. To manage them, it's essential to observe these feelings without judgment, allowing them to dissipate rather than trying to suppress them. This mindfulness helps break the cycle of distraction.

3.Question

What is the significance of scheduling time for yourself?

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Answer:Scheduling time for yourself is crucial as it allows you to plan the inputs necessary for achieving your desired outcomes. By intentionally setting aside time for self-care and personal fulfillment, you're more likely to follow through on your commitments and prioritize what's truly important.

4.Question

What role do effort pacts, price pacts, and identity pacts play in preventing distraction?

Answer:Effort pacts make unwanted behaviors harder to pursue by imposing extra steps. Price pacts create a financial consequence for succumbing to distractions, making them feel more costly. Identity pacts involve committing to a self-image, such as seeing yourself as 'indistractable,' which helps reinforce your commitment to staying focused.

5.Question

How can we foster an indistractable culture in the workplace?

Answer:To create an indistractable workplace, it's essential to address the underlying cultural issues that promote

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distraction, such as an 'always on' mentality. This involves initiating open dialogues about focus and productivity, empowering employees to set boundaries, and encouraging practices that prioritize deep work.

6.Question

What approach can parents take to help their children manage distractions?

Answer:Parents can help their children by first identifying the root causes of their distractions and teaching them the four-part indistractable model. It's important to ensure their psychological needs are met, encourage timeboxing for enjoyable activities, and help them remove external triggers. Teaching kids to create pacts about their responsibilities regarding distraction management will instill this as a lifelong skill.

7.Question

Why is psychological safety important in the context of distraction and productivity?

Answer:Psychological safety is critical because it creates an

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environment where employees feel secure to express concerns and share struggles related to distraction without fear of negative repercussions. This openness encourages collaboration to find solutions, fostering a more focused and effective workplace.

8.Question

What should you do if you notice someone using their phone in a social setting?

Answer:If you notice someone using their phone during a social interaction, it's considerate to approach them by asking, 'I see you're on your phone. Is everything OK?' This shows concern and acknowledges any potential need for the device, while also reminding that social interactions are valuable.

9.Question

What strategies can be employed to reduce external triggers that lead to distraction?

Answer:To reduce external triggers, individuals can utilize strategies such as turning off notifications, setting specific

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times for checking emails, designating gadget-free zones (like the bedroom), and using technology that aligns with productivity rather than detracting from it, ensuring focus is maintained.

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Indistractable Quiz and Test

[Check the Correct Answer on Bookey Website](#)

Chapter 1 | What's Your Superpower?| Quiz and Test

- 1.The author believes that distractions primarily stem from external technology.
- 2.The book outlines four structured strategies to help individuals become indistractable.
- 3.Digital detoxes are the most effective way to eliminate distractions according to the author.

Chapter 2 | Being Indistractable| Quiz and Test

- 1.The story of Tantalus symbolizes the constant human struggle with traction and distraction.
- 2.Traction and distraction are not influenced by triggers, whether internal or external.
- 3.Being indistractable means managing distractions responsibly and aligning actions with intentions.

Chapter 3 | Part 1: Master Internal Triggers| Quiz and Test

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1. Distraction primarily stems from external sources rather than internal emotional responses.
2. Understanding and accepting our discomfort is crucial in overcoming distractions according to Nir Eyal.
3. Time management is considered by Nir Eyal as a way to enhance pleasure and reward rather than a method of managing discomfort.

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Chapter 4 | Part 2: Make Time for Traction| Quiz and Test

1. Traction leads us toward our goals and values, while distraction pulls us away.
2. A study revealed that more than half of Americans keep a daily schedule.
3. Focusing on self-care is unnecessary for thriving in relationships and work.

Chapter 5 | Part 3: Hack Back External Triggers| Quiz and Test

1. External triggers like notifications and alerts can enhance our focus and productivity.
2. The Fogg Behavior Model ($B = MAT$) states that behavior is the result of motivation, ability, and a trigger.
3. Managing smartphone distractions includes removing unnecessary apps and modifying notification settings.

Chapter 6 | Part 4: Prevent Distraction with Pacts| Quiz and Test

1. Notable writers like Jonathan Franzen and Quentin Tarantino use extreme measures, such as

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writing by hand or stripping their laptops of internet access, to avoid distractions.

2. Price packs are effective only if the external triggers are uncontrollable.

3. Altering self-perception can influence behavior, such as framing oneself as a 'voter' increases participation in elections.

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Chapter 7 | Part 5: How to Make Your Workplace Indistractable| Quiz and Test

- 1.High job strain and effort-reward imbalance do not contribute to workplace-related depression.
- 2.Creating predictable time off for employees can improve company culture and satisfaction.
- 3.An Indistractable workplace discourages open communication among employees.

Chapter 8 | Part 6: How to Raise Indistractable Children (And Why We All Need Psychological Nutrients)| Quiz and Test

- 1.Parents often blame technology for their children's distractions without considering deeper psychological needs.
- 2.According to research, autonomy, competence, and relatedness are not important psychological needs for children's well-being.
- 3.Scheduled family meals and outings have no impact on enhancing relationships and strengthening family bonds.

Chapter 9 | Part 7: How to Have Indistractable

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Relationships| Quiz and Test

1. Distractions, particularly from phones, can weaken social bonds during conversations.
2. Creating social antibodies against digital distractions involves ignoring phone use in social settings.
3. Setting boundaries around technology use can help improve intimate relationships.

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Chapter 10 | Quiz and Test

1. Being indistractable means avoiding all distractions at all times.
2. Transforming tasks into enjoyable activities can help reduce distractions.
3. Children do not require psychological nutrients to avoid distractions.

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