Close

NEW! Bonus Material: Distraction Disruptor

- Welcome to Distraction Disruptor
- Mission 1: What You're In For
- Mission 2: Self Distraction
- Mission 4: Tools to Guard Your Attention Against Technology

Mission 3: Tech Setting For Flow

- Mission 5: Escaping Tech Slavery
- Mission 6: Asserting Your Digital Management Practices
- Mission 7: Peak Performance Over the Long-Haul
- Bonus Video 1: The Road Map to
- CHECOCC
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Mission 7: Peak Performance Over

- Success
- Bonus Video 2: Focus & Flow

Bonus Video 3: The Future,

- Technology & Innovation Welcome to Distraction Disruptor
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- Bonus Video 3: The Future, Technology & Innovation
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And check out each other's answers—we challenge you to challenge each other to quickly and efficiently reach a new kind of normal.

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

A Decade of Digital dependency

Drawn to distraction: A qualitative study of off-task use of educational technology

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