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NEW! Bonus Material: Distraction Disruptor
Welcome to Distraction Disruptor
Mission 1: What You're In For
Mission 2: Self Distraction
Mission 3: Tech Setting For Flow
Mission 4: Tools to Guard Your Attention Against Technology
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 Success
Bonus Video 2: Focus & Flow
Bonus Video 3: The Future, Technology & Innovation

And check out each other's answers—we challenge you to challenge each other to quickly and efficiently reach a new kind of normal.

Deep Dive Resources

Why is Facebook so successful? Psychophysiological measures describe a core flow state while using Facebook

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

Ready to move on to the next Day?

Mark as Complete

kind of normal.

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