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by Adam Gazzaley

and Larry D.

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Brain, Learning

and Memory - Dr.

Adam Gazzaley

Adam Gazzaley

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~~tech exploits~~

~~our \ "bottom~~

~~up\ " survival~~

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how to overcome
this disease |
The Secrets to
Success

EP 98: The
Distracted Mind,
Attention,
Focus,
iDisorders with
Larry D. Rosen
PhD **DANDAPANI :**

**\ "This was Kept
Secret by**

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Hitchens and Sam

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afterlife full

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~~While Studying -~~

~~5 Practical~~

~~Tips! Don't~~

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~~Everything Your~~

~~Brain is Telling~~

~~You 528Hz~~

~~Release Inner~~

~~Conflict \u0026~~

~~Struggle | Anti~~

~~Anxiety Cleanse~~

~~— Stop~~

~~Overthinking,~~

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~~Worry - \u0026~~ Mind

~~Stress How can a~~

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~~Stay Away from~~

~~Distractions +~~

~~Sadhguru~~ If You

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You Must Shut

Out The

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Speech Happiness

~~Frequency:~~

~~Serotonin,~~

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Gazzaley Adam

Gazzaley Could

you explain the

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refers to our current state of affairs due to

both our

neurological

makeup and our

current use of

technology. The

authors—a

psychologist and

a neuroscientist

—address the

problem of our

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including that

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includes
excellent, clear
examples of what
these problems

of goal
interference are
and how they
might affect us
in our daily
lives.

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D. Rosen. MIT

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of us will

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freely admit
that we are
Ancient Brains

obsessed with
our devices. We
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pride ourselves
on our ability
to multitask. We

feel we can read
work email,

reply to texts,

check Facebook,

watch video

clips, talk on

the phone, send

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texts, and drive
a car ... all at
the same time.

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Rosen. People

are inherently
information
seekers. In

today's high-

tech world this

tendency can

draw us to

distraction and

keep us from

accomplishing

our goals. Adam

Gazzaley, a

neuroscientist

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University of
California, San
Francisco, and
Larry Rosen, a
psychologist at
California State
University,
Dominguez Hills
put forward
these ideas in
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entitled The
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are living in

extraordinary

times. Rapid

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transform our

lives in

countless ways.

But we are now

aware that our

increasingly inf

ormation-

saturated world,

coupled with

growing

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expectations of
constant
availability and
immediate
responsiveness,
can place
excessive
demands on our
brains.

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Adam Gazzaley
and Larry Rosen—
a neuroscientist
and a psychologi-
st—explain why
our brains
aren't built for
multitasking,
and suggest

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better ways to
live in a high-
tech world
without giving
up our modern
technology. The
authors explain
that our brains
are limited in
their ability to
pay attention.

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ancestors lived
in small nomadic
bands, the basic
social unit for
most of human
history.

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in a High Tech
World explores
the implications
of, and brain

science behind,
this evolution
(some might say
devolution). It
was written Adam
Gazzaley, ...

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of terms, Adam

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with Adam

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Gazzaley, MD,

Ph.D., was

published by MIT

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the 2017 PROSE

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biomedicine and

neuroscience.

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Dr. Larry Rosen
- Research
Psychologist and
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In addition to poorer cognitive performance, the book also describes the effects on our bodies and the quality of social

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interactions. Mind

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MInd also

provides an

excellent

description of

that marvelous

organ between

our two ears,

the brain, and

the remarkable

mind produced by

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