

Driven To Distraction At Work How To Focus And Be More Productive

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Driven To Distraction At Work

Hallowell outlines six ADTs (Attention Deficit Traits)--behavior types or ways that people tend to lose focus at work: "screen sucking" (internet/social media addiction), multitasking, idea hopping, worrying, playing the hero, and dropping the ball.

Driven to Distraction at Work: How to Focus and Be More ...

Are you driven to distraction at work? Bestselling author Edward M. Hallowell, MD, the world's leading expert on ADD and ADHD, has set his sights on a new goal: helping people feel more in control and productive at work.

Driven to Distraction at Work: Edward M. Hallowell, MD ...

"Driven to Distraction at Work is an essential survival guide to life in the modern world." Larry Weber, Chairman and CEO, Racepoint Global; founder, Weber Shandwick; and bestselling author, Marketing to the Social Web— "Dr. Hallowell's stunning new book takes the maze of distraction at work away forever!"

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Amazon.com: Driven to Distraction at Work: How to Focus ...

Driven to Distraction At Work How to Focus and Be More Productive. You know the feeling: you can't focus; you feel increasingly overwhelmed by a mix of nonstop demands and technology that seems to be moving at the speed of light; and you're frustrated just trying to get everything doe well - and on time. Not only is this taking a toll on performance, it's impacting your sense of well-being outside the office.

Driven to Distraction At Work by Edward M. Hallowell M.D.

Edward M. Hallowell understands: He's an M.D. specializing in attention deficit disorder (ADD) and the author of 14 books on the topic, including the best-selling Driven to Distraction. In Driven to Distraction at Work: How to Focus and Be More Productive, he sets his sights on the six most prevalent time-wasters, from compulsive email-checking to ineffective multitasking to being unable to say no. These distractions are all part of what he calls Attention Deficit Trait (ADT), or "a ...

Driven to Distraction at Work : How to Focus and Be More ...

In Part 1 of the book, he identifies the six most common ways people lose the ability to focus at work--what he calls "screen sucking" (internet/social media addiction), multitasking, idea hopping...

Driven to Distraction at Work: How to Focus and Be More ...

In Driven to Distraction at Work, Ned Hallowell says that many feel "the overload of mental circuits, and frequent feelings of frustration". We are losing our inability to focus, which may affect our performance and our sense of well-being. The cost of distraction is not only an issue for individuals, but also for organizations.

Driven to Distraction at Work - Actionable Books

It may be email boundaries, closing your door, a schedule where you prioritize and don't allow meetings to run on endlessly. That's key to allowing your brain to work at its best. We don't ...

Unable To Focus At Work? 'Driven To Distraction' Can Help

Just because you're at work doesn't mean you're getting work done. Edward Hallowell, author of Driven to Distraction at Work: How to Focus and Be More Productive, says that we spend 20 minutes out of every hour dealing with unplanned distractions. And that's not all - we spend two hours each day regaining focus from all of these distractions, a number which adds up to more than an entire workday, every workweek.

The four-step guide to eliminating distractions at work

Driven to Distraction at Work by Ned Hallowell, 9781422186411, download free ebooks, Download free PDF EPUB ebook.

Driven to Distraction at Work : How to Focus and Be More ...

In 1994, Driven to Distraction sparked a revolution in our understanding of attention deficit disorder. Now a second revolution is under way in the approach to ADD, and the news is great. Drug therapies, our understanding of the role of diet and exercise, even the way we define the disorder, all are changing radically.

Driven to Distraction at Work by Ned Hallowell | Audiobook ...

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Driven to Distraction at Work : How to Focus and Be More ...

Are you driven to distraction at work? Bestselling author Edward M. Hallowell, MD, the world's leading expert on ADD and ADHD, has set his sights on a new goal: helping people feel more in control and productive at work.

Driven to Distraction at Work en Apple Books

Driven to Distraction at Work Quotes Showing 1-11 of 11 "A heightened distractibility and a persistent feeling of being rushed or in a hurry, even when there's no need to be, combined with a mounting feeling of how superficial your life has become: lots to do, but no depth of thought or feeling."

Driven to Distraction at Work Quotes by Edward M ...

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I include Shine in this brief commentary because much of its material correlates very nicely with material in his latest book, Driven to Distraction at Work. In it, he focuses on a major problem: attention deficit trait. He devised the term -- ADT -- in 1994 to describe an increasingly more common problem in the workplace then, twenty years ago.