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**Ancient Brains High
Tech**

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The Distracted Mind: Ancient
Brains in a High Tech World

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~~The Distracted Mind by Adam
Gazzaley and Larry D. Rosen
Tame Your Distracted Mind
with Neuroscientist Adam
Gazzaley~~

XTech 2017 Day 2 - 1: Intro
and The Distracted Mind:
Ancient Brains in a High

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Tech World Andrew Huberman,

Ph.D. - Rewire your Brain

for Higher Performance E696:

~~The Distracted Mind's Adam~~

~~Gazzaley on rescuing our~~

~~brains from high tech~~

~~addiction~~ *The Distracted*

Mind Optimizing our Ancient

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Brains for a High-Tech World
- Dr. Adam Gazzaley - Flow
Research Collective

How to fix the exhausted
brain | Brady Wilson |
TEDxMississaugaEP 98: The
Distracted Mind, Attention,
Focus, iDisorders with Larry

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D. Rosen PhD Tech

Master Shi Heng Yi – 5
hindrances to self-mastery |
Shi Heng YI | TEDxVitosha
*Anxiety \u0026amp; Depression
Relief - Sleep Hypnosis
Session - By Minds in Unison
If You Want To Succeed You*

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Must Shut Out The

Distractions! Motivational

Speech This Is How Your

Brain Powers Your Thoughts

Tricks to Quickly FOCUS on

ANYTHING – How To Focus And

Not Get Distracted ~~Go with~~

~~your gut feeling | Magnus~~

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~~Walker | TEDxUCLA~~ *Giant
Cuttlefish Scuba Whyalla
Australia 2015 HD* ~~How to Get
Your Brain to Focus | Chris
Bailey | TEDxManchester~~ The
most important lesson from
83,000 brain scans | Daniel
Amen | TEDxOrangeCoast

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Idriss ABERKANE | "Comment

libérer notre cerveau ? | "

*After watching this, your
brain will not be the same |*

*Lara Boyd | TEDxVancouver If
You Struggle With Anxiety,*

This Mind Trick Will Change

Your Life | Mel Robbins Your

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Ancient Brain in a High-Tech World Adam Gazzaley Could you explain the sub title of your book, "Ancient Brains in a High Tech World?" ~~Zac on 'Distracted Mind' Adam Gazzaley \ "The Distracted Mind\ " on how tech exploits~~

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~~our \ "bottom up\ " survival~~

~~triggers~~ Distracted Mind

Ancient Brains High

Buy The Distracted Mind:

Ancient Brains in a High-

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Illustrated by Gazzaley,

Adam, Rosen, Larry D. (ISBN:

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

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Brains Distracted Mind: Ancient
Brains in a High-Tech World
by. Adam Gazzaley, Larry D.
Rosen. 3.73 · Rating details
· 597 ratings · 84 reviews
Most of us will freely admit
that we are obsessed with
our devices. We pride

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Brains on our ability to multitask--read work email, reply to a text, check Facebook, watch a video clip. Talk on the ...

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heDM, title={The Distracted
Mind: Ancient Brains in a
High-Tech World}, author={A.

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Brains High Tech
Gazzaley and Larry D.

Rosen}, year={2016} }

[PDF] The Distracted Mind:
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Tech ...

In the simplest of terms,
Adam Gazzaley and Larry D.

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Brains High Tech
Rosen's The Distracted Mind:
Ancient Brains in a High-
Tech World is a book about
technology and the
distractions that often
accompany it. This...

Are You Paying Attention?

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'The Distracted Mind' -

PopMatters

The Distracted Mind: Ancient
Brains in a High-Tech World
Most of us will freely admit
that we are obsessed with
our devices. We pride
ourselves on our ability to

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multitask. We feel we can read work email, reply to texts, check Facebook, watch video clips, talk on the phone, send texts, and drive a car ... all at the same time.

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

...

In his book *The Distracted Mind: Ancient Brains in a High-Tech World*, published in September, Gazzaley explains why our devices

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might be hurting our concentration at work. "The story for me is...

Distracted minds: 3 tips to disconnect from tech and ...
The Distracted Mind by Adam Gazzaley and Larry D. Rosen

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is a highly engaging read of how we cognitively pursue our goals and how our brains have to frequently overcome internal and external interference, including that from modern technologies, to do this successfully. The

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Brains High Tech includes excellent, clear examples of what these problems of goal interference are and how they might affect us in our daily lives.

The Distracted Mind | The

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MIT Press High Tech

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

...

The Distracted Mind by Adam
Gazzaley and Larry D. Rosen
is a highly engaging read of
how we cognitively pursue

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Our goals and how our brains have to frequently overcome internal and external interference, including that from modern technologies, to do this successfully. The book includes excellent, clear examples of what these

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

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ADAM GAZZALEY LARRY D. ROSEN
THE DISTRACTED MIND ANCIENT
BRAINS IN A HIGH-TECH WORLD
"Gazzaley and Rosen's work
is brilliant and practical,
just what we need in these
techno-human times." THE
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Brains IN A HIGH-TECH WORLD

Photograph by Ned Bonzi.

The Distracted Mind: Ancient
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Sep 02, 2020 the distracted
mind ancient brains in a

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Brains High Tech World MIT Press

Posted By Alistair

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Epub Library giving up our
modern technology the
authors explain that our
brains are limited in their
ability to pay attention

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Why our brains aren't built for media multitasking, and how we can learn to live with technology in a more balanced way. "Brilliant and practical, just what we need in these techno-human times."—Jack Kornfield,

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author of *The Wise Heart*

Most of us will freely admit that we are obsessed with our devices. We pride ourselves on our ability to multitask—read work email, reply to a text, check Facebook, watch a video

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Brains High Tech
clip. Talk on the phone,
send a text, drive a car.
Enjoy family dinner with a
glowing smartphone next to
our plates. We can do it
all, 24/7! Never mind the
errors in the email, the
near-miss on the road, and

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the unheard conversation at the table. In *The Distracted Mind*, Adam Gazzaley and Larry Rosen—a neuroscientist and a psychologist—explain why our brains aren't built for multitasking, and suggest better ways to live

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Brains High Tech
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. We don't really multitask but rather switch rapidly between

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tasks. Distractions and interruptions, often technology-related—referred to by the authors as “interference”—collide with our goal-setting abilities. We want to finish this paper/spreadsheet/sentence,

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Drains our High Tech signals an incoming message and we drop everything. Even without an alert, we decide that we “must” check in on social media immediately. Gazzaley and Rosen offer practical strategies, backed by

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Brains, High Tech

to fight distraction. We can change our brains with meditation, video games, and physical exercise; we can change our behavior by planning our accessibility and recognizing our anxiety

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about being out of touch even briefly. They don't suggest that we give up our devices, but that we use them in a more balanced way.

Why our brains aren't built for media multitasking, and

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Brains High Tech
How we can learn to live with technology in a more balanced way. "Brilliant and practical, just what we need in these techno-human times."—Jack Kornfield, author of *The Wise Heart*
Most of us will freely admit

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Brain High Tech
that we are obsessed with our devices. We pride ourselves on our ability to multitask—read work email, reply to a text, check Facebook, watch a video clip. Talk on the phone, send a text, drive a car.

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Brains High Tech
Enjoy family dinner with a glowing smartphone next to our plates. We can do it all, 24/7! Never mind the errors in the email, the near-miss on the road, and the unheard conversation at the table. In The Distracted

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Brains, Adam Gazzaley and Larry Rosen—a neuroscientist and a psychologist—explain why our brains aren't built for multitasking, and suggest better ways to live in a high-tech world without giving up our modern

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Brains High Tech. The authors explain that our brains are limited in their ability to pay attention. We don't really multitask but rather switch rapidly between tasks. Distractions and interruptions, often

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Drains High Tech
Our brains with meditation, video games, and physical exercise; we can change our behavior by planning our accessibility and recognizing our anxiety about being out of touch even briefly. They don't

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Why our brains aren't built for media multitasking, and how we can learn to live with technology in a more

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our plates. We can do it all, 24/7! Never mind the errors in the email, the near-miss on the road, and the unheard conversation at the table. In *The Distracted Mind*, Adam Gazzaley and Larry Rosen—a neuroscientist

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“must” check in on social media immediately. Gazzaley and Rosen offer practical strategies, backed by science, to fight distraction. We can change our brains with meditation, video games, and physical

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Brains in a more balanced way.

When your smartphone, your
ipad, and itouch drive you
to distraction, technology
and psychology expert looks
at the stress and illness
that our constantly

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Brains High Tech
connected world has created
and offers solutions.

Keeping students focused can
be difficult in a world
filled with distractions --
which is why a renowned
educator created a

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Brains High Tech
Scientific solution to one of every teacher's biggest problems. Why is it so hard to get students to pay attention? Conventional wisdom blames iPhones, insisting that access to technology has ruined

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students' ability to focus.

The logical response is to ban electronics in class.

But acclaimed educator James M. Lang argues that this solution obscures a deeper problem: how we teach is often at odds with how

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Brains High Tech. Classrooms students learn. Classrooms are designed to force students into long periods of intense focus, but emerging science reveals that the brain is wired for distraction. We learn best when able to actively seek

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and synthesize new information. In *Distracted*, Lang rethinks the practice of teaching, revealing how educators can structure their classrooms less as distraction-free zones and more as environments where

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Brains can actively cultivate their students' attention. Brimming with ideas and grounded in new research, Distracted offers an innovative plan for the most important lesson of all: how to learn.

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How we filter out what is irrelevant so we can focus on what we need to know. We are surrounded by a world rich with visual information, but we pay attention to very little of

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it, filtering out what is irrelevant so we can focus on what we think we need to know. Advertisers, web designers, and other “attention architects” try hard to get our attention, promoting products with

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Brains High Tech
Videos on huge outdoor screens, adding flashing banners to websites, and developing computer programs with blinking icons that tempt us to click. Often they succeed in distracting us from what we are supposed

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to be doing. In How

Attention Works, Stefan Van der Stigchel explains the process of attention and what the implications are for our everyday lives. The visual attention system is efficient, Van der Stigchel

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writes, because it doesn't waste energy processing every scrap of visual data it receives; it gathers only relevant information. We focus on one snippet of information and assume that everything else is stable

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and consistent with past experience; that's why most people miss even the most glaring continuity errors in films. If an object doesn't meet our expectations, chances are we won't see it. Van der Stigchel makes his

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Brain High Tech
Case with examples from real life, explaining, among other things, the limitations of color perception (and why fire trucks shouldn't be red); the importance of location (security guards and

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radiologists, for example, have to know where to look); the attention-getting properties of faces and spiders; what we can learn from someone else's eye movements; why we see what we expect to see (magicians

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take advantage of this); and
visual neglect and
unattended information.

How to concentrate in a
world of beeping
smartphones, channel
surfing, live-tweeting, pop-

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distractions. We are in the midst of an attention crisis—caused in large part by our smartphones. There's a constant stream of information that we are powerless to withstand

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Because it shows up in our notifications. More and more of us are finding it harder and harder to concentrate. In this book, attention expert and cognitive psychologist Stefan Van der Stigchel explains how

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Brains High Tech concentration works and offers advice on how to stay focused in a world of beeping smartphones, channel surfing, live-tweeting, pop-up ads, and other distractions. The good news, Van der Stigchel reports, is

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that we now know more about brain and behavior than ever before, and he draws on the latest scientific findings in his account of concentration. He explains, among other things, that the battle for our attention

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Brains long before the digital era; why our phones are so addictive; the importance of working memory (responsible for executing complicated tasks) and how to increase its capacity; and why multitasking is bad

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for our concentration, but attention rituals help it. He describes the 2017 Oscars debacle (when the Best Picture presenter was given the wrong card) as a failure of multitasking; argues that daydreaming can be good for

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our concentration; and shows that the presence of a passenger in a car reduces the risk of an accident. He explains the positive effects of taking “tech breaks” (particularly in natural surroundings),

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Meditation, and even

daydreaming. We can win the battle for our attention, Van der Stigchel argues, if we have the knowledge and the tools to do it.

* Our summary is short,

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Brains High Tech
Simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover the effects of technology on your brain and how to limit

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Brains High Tech
them. You will also discover
: how to become aware of
your limitations; the impact
of multitasking on your
attention; how to master
your technological
environment; how to improve
your driving and social

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relationships; how to become more productive and sleep better; the new avenues of neuroscience to boost your brain. The human brain, although a wonder of nature and the most complex structure known to date, is

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Actually full of flaws,
especially at the cognitive
level. Its attention span is
structurally limited. New
technologies are constantly
calling for greater
attention and speed. They
put pressure on the brain,

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Brains is not accustomed to such stimuli. This makes it difficult to maintain a healthy balance in a technologically invasive everyday life. Neurology and psychology provide valuable advice on how to adapt one's

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behaviour. *Buy now the
summary of this book for the
modest price of a cup of
coffee!

A Publishers Weekly Best
Book of the Year From an
obesity and neuroscience

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researcher with a knack for engaging, humorous storytelling, *The Hungry Brain* uses cutting-edge science to answer the questions: why do we overeat, and what can we do about it? No one wants to

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overeat. And certainly no one wants to overeat for years, become overweight, and end up with a high risk of diabetes or heart disease--yet two thirds of Americans do precisely that. Even though we know better,

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we often eat too much. Why does our behavior betray our own intentions to be lean and healthy? The problem, argues obesity and neuroscience researcher Stephan J. Guyenet, is not necessarily a lack of

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willpower or an incorrect understanding of what to eat. Rather, our appetites and food choices are led astray by ancient, instinctive brain circuits that play by the rules of a survival game that no longer

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exists. And these circuits don't care about how you look in a bathing suit next summer. To make the case, *The Hungry Brain* takes readers on an eye-opening journey through cutting-edge neuroscience that has never

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before been available to a general audience. The Hungry Brain delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well

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Brains High Tech. Along the way, it explores how the human brain works, revealing how this mysterious organ makes us who we are.

“This book gets to the heart of the matter.” --Ryan

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Holiday, New York Times

bestselling author of

Stillness Is the Key and Ego

Is the Enemy "This book taps

into something that so many

of us feel but can't

articulate." --Arianna

Huffington, Founder & CEO,

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Thrive Global “Ambitious,
far-reaching, and
impactful.” --David Epstein,
New York Times bestselling
author of Range and The
Sports Gene From the
bestselling author of Peak
Performance comes a powerful

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antidote to heroic

individualism and the
ensuing epidemic of burnout.
Achievement often comes at a
cost. Angst, restlessness,
frayed relationships,
exhaustion, and even
substance abuse can be the

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unwanted side effects of an obsession with outward performance. While the high of occasional wins can keep you going for a while, playing into the always-on, never enough hustle culture ultimately takes a serious

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toll. In *The Practice of Groundedness*, bestselling author Brad Stulberg shares a healthier, more sustainable model for success. At the heart of this model is groundedness--a practice

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that values presence over rote productivity, accepts that progress is nonlinear, and prioritizes long-term values and fulfillment over short-term gain. To be grounded is to possess a firm and unwavering

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Brains HighTech foundation, a resolute sense of self from which deep and enduring, not shallow and superficial, success can be found. Groundedness does not eliminate ambition and striving; rather, it situates these qualities and

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channels them in more meaningful ways.

Interweaving case studies, modern science, and time-honored lessons from ancient wisdom traditions such as Buddhism, Stoicism, and Taoism, Stulberg teaches

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Readers how to cultivate the habits and practices of a more grounded life. Readers will learn: • Why patience is the key to getting where you want to go faster--in work and life--and how to develop it, pushing back

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Against the culture's misguided obsession with speed and "hacks." • How to utilize the lens of the wise observer in order to overcome delusion and resistance to clearly see and accept where you

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are—which is the key to more effectively getting where you want to go • Why embracing vulnerability is the key to genuine strength and confidence • The critical importance of “deep community,” or cultivating a

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Sense of belonging and
connection to people,
places, and causes.

Provocative and practical,
The Practice of Groundedness
is the necessary corrective
to the frenetic pace and
endemic burnout resulting

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from contemporary
definitions of success. It
offers a new—and better—way.

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