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our \ "bottom up\ " survival  
triggers ~~The Distracted Mind~~  
~~E696: The Distracted Mind's~~  
~~Adam Gazzaley on rescuing~~  
~~our brains from high tech~~  
~~addiction XTech 2017 Day 2~~  
~~1: Intro and The Distracted~~  
~~Mind: Ancient Brains in a~~  
~~High Tech World Optimizing~~  
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The Distracted Mind! | Learn  
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Focused While Studying - 5  
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OF DISTRACTION A

Conversation with Adam

Gazzaley Adam Gazzaley Could

you explain the sub title of

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in a High Tech World?" *Tame*

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*Your Distracted Mind with  
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Music for Studying,  
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Brains in a High-Tech World The MIT Press  
capitalized in this study of  
the same name) 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 distractions  
from three angles.

## **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  
our goals and how our brains  
have to frequently overcome  
internal and external  
interference, including that

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from modern technologies, to do this successfully. The book 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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The Distracted Mind: Ancient Brains in a High-Tech World. Adam Gazzaley, Larry D. Rosen. MIT ...

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by Dr. Adam Gazzaley  
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Most of us will freely admit

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that we are obsessed with our devices. We 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 texts, and drive a car ... all at the same time.

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

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The Distracted Mind: Ancient Brains in a High-Tech World by Adam Gazzaley and Larry D. Rosen. People are inherently information seekers. In today's high-tech world this tendency can draw us to distraction and

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keep us from accomplishing our goals. Adam Gazzaley, a neuroscientist at the University of California, San Francisco, and Larry Rosen, a psychologist at California State University, Dominguez Hills put forward these ideas in their 2016 book entitled *The Distracted Mind: Ancient Brains ...*

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The *Distracted Mind: Ancient Brains in a High-Tech World*. We are living in extraordinary times. Rapid advances in information technology continuously transform our lives in

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countless ways. But we are now aware that our increasingly information-saturated world, coupled with growing expectations of constant availability and immediate responsiveness, can place excessive demands on our brains.

## **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 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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book 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 MIT Press**

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## **Brains in a High Tech**

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 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.

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

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Emotional regulation is central to another of tech's disruptive effects on our ancient brains: exacerbation

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

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In the simplest of terms,

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Adam Gazzaley and Larry D. 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? 'The Distracted Mind' - PopMatters**

Dr. Rosen's book, *The Distracted Mind: Ancient Brains in a High-Tech World*, written with Adam Gazzaley, MD, Ph.D., was published by MIT Press and won the 2017 PROSE Award for biomedicine and neuroscience. Watch a video about the book at the MIT Press website. Order on



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**Dr. Larry Rosen - Research  
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cognitive performance, the  
book also describes the  
effects on our bodies and  
the quality of social  
interactions. The Distracted  
Mind also provides an  
excellent description of  
that marvelous organ between  
our two ears, the brain, and  
the remarkable mind produced  
by this brain. Read more.

**The Distracted Mind by Larry  
D. Rosen, Adam Gazzaley ...**

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